

OTTAWA

# metro

®

NEWS  
WORTH  
SHARING.

## ALL-DRESSED PIZZA AND A SOFT DRINK?

ONLY IN QUEBEC, APPARENTLY.  
METRO'S COAST-TO-COAST SURVEY OF  
CANADIAN ENGLISH HIGHLIGHTS OUR  
REGIONAL DIFFERENCES

PAGE 7



## Johnny Vegas says good night

The man in gold ends his  
19-year run of Lounge Night at  
Maxwell's Bistro

PAGE 6

## Israeli strike hits UN school

Palestinian death toll above  
1,300 as fighting escalates and  
hope for a ceasefire dims

PAGES 8-9

## What do you call a band without a van?

Tired. Ottawa future-folk  
duo on the ups and downs  
of touring on bicycles

PAGE 17

## No joyriding on the paddle boat

What's the proper etiquette  
for cottage guests? Eight  
tips to make sure you get  
invited back

PAGE 21

## Screech dream dashed for Billy Bob

Metro Dish has the scoop on  
Thornton's Saved by the Bell  
regrets

PAGE 19

## Dress code, shmesh code

Roland  
Mouret's  
capsule  
collection  
for Banana  
Republic  
may be too  
hot for the  
office

PAGE 20



Senators forward Kyle Turris speaks with reporters after visiting a hockey camp for kids at the Bell Sensplex Wednesday. DENIS ARMSTRONG/FOR METRO



# 'We'll be a different team'

**Senators.** Kyle Turris  
talks life after Spezza,  
Alfredsson

DENIS  
ARMSTRONG  
ottawa@metronews.ca

Team play, not star captains,  
will be key to success for the  
Ottawa Senators, according to  
Senators forward Kyle Turris.

Turris was visiting kids at  
the Ottawa Senators Summer  
Hockey Camp at the Bell Sensplex  
Wednesday when he was  
asked if the team was going to  
be better, or worse without star  
centre Jason Spezza, who was  
traded to the Dallas Stars at the  
beginning of July. Spezza is the  
second Senators captain in as  
many years to quit the club.

Turris said he liked playing  
with Spezza, but for whatever  
reason, it was time for him to  
go and let the players left on  
the team play like a team.

"Spezzie's a great guy and a  
good friend and I wish him all  
the best in Dallas, but I'm really  
excited about the team we have  
here now. I think we'll be a dif-

ferent team," he said. "Whether  
we're better or worse, that's for  
other people to decide. We have  
a good group and the addition  
of a veteran like David Legwand  
helps. Now, we'll have three or  
four lines that are going to be  
contributing offensively one  
night, and defensively the next,  
as long as everybody buys into  
the program."

He said that the team started  
focusing less on star players  
and more as a collective after  
star centre Daniel Alfredsson  
left the Senators in 2013.

"Things change, and we  
were getting all these questions  
we were getting last summer  
with Alf after he left. We've  
learned from that experience.  
Now we have to move forward  
and get into the right mindset.  
You want what's best for the  
organization and what's best  
for the player and in Spezzie's  
case, it was best to go our separate  
ways."

Picked third overall in the  
2007 draft, the 24-year-old Turris  
has been spending the summer  
training, camping, golfing and  
looking forward to the arrival  
of his new baby in September.

### Quoted

"Spezzie's a great guy and a good friend and I wish  
him all the best in Dallas, but I'm really excited  
about the team we have here now." Kyle Turris



# Markdown Madness



## Zero Gravity Relaxer

*With custom leather options*

*Retail \$3880*

**Now \$1899<sup>.99</sup>**

## Chair & Ottoman

*With custom leather options*

*Retail \$4000*

**Now \$1999<sup>.99</sup>**



THE  
*Upper Room*  
—home furnishings—

WE ARE  
**OPEN**  
**MONDAY**  
**AUGUST 4TH**  
**10AM - 9PM**

Testimony

## Man accused of attempting to kill his mom tells court he lied to police 'for fun'

An Ottawa man accused of attempting to kill his mother last October told a judge he lied to police "for fun" when he made an admission to stabbing her.

Zeiad Hammoud, 33, took the stand Wednesday to maintain his innocence, giving the court his account of the incident on Oct. 15, 2013, at his mother's Burnside Avenue apartment.

He is accused of assaulting his mother, Iman, and stabbing her in the back. The injuries sent his mom to hospital in critical condition, but she survived.

Hammoud has pleaded not guilty to attempted murder, aggravated assault, assault with a weapon, and uttering threats. He told the court he had been smoking marijuana when he heard the sound of something falling to the floor on his way up to his mother's apartment. He said that on his way up the stairs, he saw an unknown woman with short, curly blond hair, and that on the stairwell floor he saw a knife that he put in his mother's sink.

He said the next thing he saw was bloody linen sheets and his mother speaking to someone on the phone as he stepped into her bedroom.

"So, you were lying when you told the detective that you stabbed your mom?" asked Crown prosecutor Sarah Fountain.

"Yes," replied Hammoud, adding that it was "for fun, ma'am."

The trial continues Thursday. **JOE LOFARO/METRO**

## Man stabbed outside hotel in downtown Ottawa

Police say a 21-year-old man is in custody after a stabbing outside the Embassy Suites Hotel in downtown Ottawa. The incident happened at around 1:20 a.m. in the 100 block of Cartier Street, according to police. A 28-year-old man was sent to hospital in critical condition with life-threatening stab wounds, police say. A suspect was arrested shortly after the incident and police say charges are pending. Police are crediting paramedics with saving the victim's life.

**JOE LOFARO/METRO**



# 'Scotty Toppers' case brings calls for updates to laws

### Cyberbullying.

Woman dismayed to see private photo on social media site



JOE  
LOFARO

joe.lofaro@metronews.ca

One woman involved in the ongoing "Scotty Toppers" harassment case is calling for clearer cyberbullying laws, after a private photo of her was posted to the Internet without her consent.

"I'm a mother. All I could think was, oh my God, one day my son is going to be in

class in the computer lab and his friends are going to be like, 'Hey, it's your mom,'" said the woman during an interview with Metro.

The woman, who asked Metro not to publish her name, says she is one of 21 other women who have gone to police with complaints of online harassment involving a man going by the online handle "Scotty Toppers."

Last Friday, Ottawa police raided a home on Briargate Private in Orleans and arrested a man named Nicholas De Carlo.

De Carlo, 29, faces several charges, including extortion, theft, mischief to data, possession of drugs for the purpose of trafficking and criminal ha-

rassment. None of the allegations against De Carlo have been tested in court.

Police allege he used the alias "Scotty Toppers" online as he harassed and extorted women.

The woman said "Scotty Toppers" messaged her online in April with a copy of a private "boudoir-style" photo of her. Soon after she found the intimate photo on a social media website.

To this day, she said she doesn't know how the perpetrator got ahold of the photo. Repeated pleas to take it down or at least remove her name were ignored, she said.

"I really, without choosing to, found myself very

very paranoid, very anxious at work," she said. "I just was almost on the verge of quitting my job because I was finding it so stressful to go to work every day."

She said Canada's harassment laws predate the Internet and need to be updated.

"If he's found guilty, I'd like to see this as a catalyst to kind of redefining the grey areas that exist in our Canadian laws in regards to these types of cyberstalking," said the alleged victim.

In November, Justice Minister Peter MacKay introduced a bill that, if passed, would make it illegal to distribute intimate images without a person's consent.

## Achieve Professional Success

### Management Certificate for Women (MCW)

Professional part - time program. Bursaries available!

For more information, please call 613-520-2650

[www.sprott.carleton.ca/mcw](http://www.sprott.carleton.ca/mcw)



Centre for Research and  
Education on Women and Work



1  
IN  
SWEAT

## PKU. Man biking across Canada to raise awareness of rare metabolic disorder

A year before Kevin Dube set out on a cross-country bike ride in the name of his niece, he had never heard of her rare, brain-threatening metabolic disorder.

Avery Dent, who's now 11 months old, has phenylketonuria (PKU), which means her body can't process an amino acid found in dietary protein, called phenylalanine. If she does not grow up on a strict diet, she could develop severe intellectual disabilities.

Dube stopped in Ottawa on Tuesday night while on his 7,300-kilometre, coast-to-coast trip to raise awareness of this disorder with the group Canadian PKU and Allied Disorders (CanPKU).

"It has actually been really encouraging because we've met some people who you would never know they have PKU if they didn't tell you," said the 35-year-old from Kitchener,

### Quoted

**"If you have PKU, you should be able to access treatments."**

Kevin Dube

Ont.

But in some cases where PKU has gone undetected, symptoms have included epilepsy or behavioural problems.

Avery is among 2,000 Canadians with PKU. There has been mandatory infant screening for PKU since the 1960s.

Coverage for phenylalanine-free foods varies across the province and a new drug, Kuvan, is only funded by drug plans in Ontario and Saskatchewan, but the criteria is strict.

Dube plans to end his trip in St. John's, N.L., on Aug. 17.

**LUCY SCHOLEY/METRO**



**Kevin Dube is cycling across Canada to raise awareness of phenylketonuria, or PKU, which can cause severe intellectual disability.** CONTRIBUTED

## Cool savings for long weekends!



Find your flavour  
at [lcbo.com/coolersale](http://lcbo.com/coolersale)



PLEASE DRINK RESPONSIBLY  
Featured products available at select LCBO stores.



19623-15

# Frosh week wild party video a publicity stunt

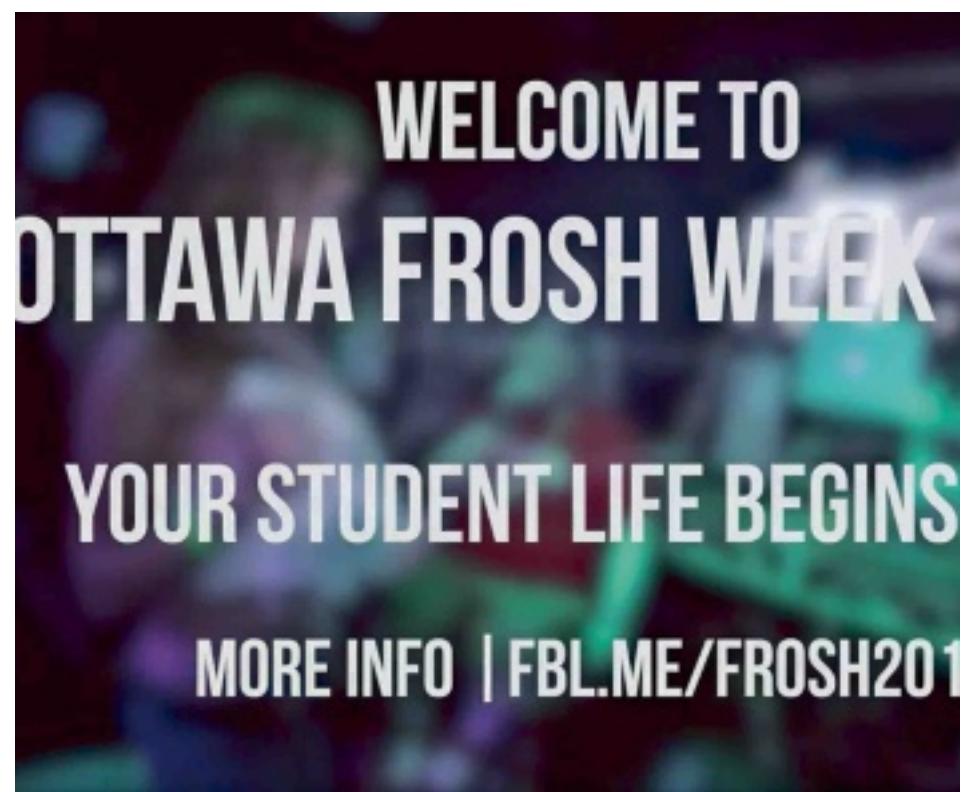
### Aficionado Studios.

Event promotion company targets 'young adults,' colleges send a reminder about safety of official events



**LUCY SCHOLEY**

[lucy.scholey@metronews.ca](mailto:lucy.scholey@metronews.ca)



**A screengrab from a controversial frosh event promotional video by Aficionado Events.** YOUTUBE.COM

success and safety" and "an opportunity for (students) to meet their professors, their fellow students and build them up for success for the academic year."

Algonquin College spokesperson Phil Gaudreau said schools' orientation weeks are "the best chance for student

about Ottawa Frosh Week 2014. He encourages students to participate in both their school's orientation week and his company's events.

"Let me start off by saying something the critics have seem to have forgotten: high school is over," he wrote.

"These first year students are not children, they're young adults. We shouldn't treat them like children, they can choose what to watch and what to spend their money on, they're finally free and independent to make their own life decisions."



Ottawa Swans Australian rules football team captain Holly Costanza shows off her Northern Lights team sweater. CONTRIBUTED

## Ottawa Swans captain fights through injury

**Challenge.** Holly Costanza's team steps in to help

DENIS  
ARMSTRONG  
ottawa@metronews.ca

Ottawa Swans Australian rules football team captain Holly Costanza is unstoppable on, and off, the field.

When Costanza injured her knee in a recent game and required an emergency MRI, she, one of the top female Australian rules football players in Canada, had two options.

She could go through the public health-care system and wait six to eight weeks, or wait two days for an appointment at the MRI Centre in Gatineau and pay the \$750.

The problem is that Costanza, 28, was scheduled to represent Canada as a member of the Northern Lights team at the Australian Football League International Cup Championships in Melbourne, Australia, in August, and didn't have the \$750, nor did she have the time to wait for a free MRI.

With Canada's national team expected to win and the provincial championship with her Swans team in September, it was vital that Costanza, the team's star player, heal as quickly as possible.

### What is Australian rules?

- Australian rules football is a sport that's a combination of rugby, American football and soccer.

So her team stepped in and gave her the cash. \$800. Two days later, Costanza is already healing with intensive physiotherapy to repair a partially torn ACL tendon.

"I jumped for the ball and heard my knee pop," Costanza, 28, explains.

"Getting physio as quickly as possible means that I can heal better, faster. But I couldn't have done it without my team. We're unstoppable, on and off the field."

While not able to play, Costanza will accompany Canada's two AFL teams, the top-ranked Northern Lights and the junior Midnight Suns, when they compete in Australia Aug. 9-23. Only later, after the playoffs, will Costanza have the surgery she needs to be 100 per cent.

"We rallied around Holly as we would anyone on the team because we're like family," said Costanza's teammate and Swans former captain Lisa Dalla Rosa.

"Her injury is a major road-block to the team's success. She's a pillar of the team."

### Representing Canada

#### Gatineau teen to compete at Youth Olympic Games in China

Five years ago Pamphinette Buisa decided to give rugby a try at her school after a teacher suggested she put her aggression on the field instead of the basketball court.

Now, the 17-year-old is headed to China next month

to represent Canada at the Nanjing 2014 Youth Olympic Games.

Buisa is the only girl from the National Capital Region who is joining 11 other girls from across Canada on the U-18 team next month in Nanjing from Aug. 17 to 20.

So when she found out she was chosen to be on Team Canada, she said it was "the coolest thing."

"This is the highest achievement I've ever experienced," said Buisa. "I'm super

excited."

When she isn't playing rugby, or "olive ball" as it is called in China, Buisa is working part-time in Ottawa, studying at Heritage College in Gatineau where she lives, and doing other typical teenage things. But now she is preparing herself physically and mentally for the tournament.

Buisa is hoping her parents can catch the Games on TV and make them proud.

JOE LOFARO/METRO



Pamphinette Buisa CONTRIBUTED

# Mortgage Interest Rate now only 2.77% 4-Year Fixed Rate\*

Apply today for a TD Mortgage

With various mortgage interest rates, terms and special offers, you can find the mortgage that's right for you.

Visit a branch or  
[tdcanadatrust.com/mortgagerates](http://tdcanadatrust.com/mortgagerates)



Banking can be this comfortable.



\*Assuming no additional fees are charged, the Annual Percentage Rate is the same as the interest rate. Some conditions apply. Offer may be changed, extended or withdrawn at any time without notice. © The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

# Leaving Johnny Vegas: Legendary local lounge act singing farewell



After a run of 19 years and 934 performances, Johnny Vegas is hanging up the tuxedo. CONTRIBUTED

**Thank you very much.**  
After 19 years and 934 shows, J.P. MacDonald, a.k.a. Johnny Vegas, is hanging up his tuxedo

**DENIS ARMSTRONG**  
ottawa@metronews.ca

Since 1995, long before Wednesdays were "hump days," they were known, at least on the lower stretches of Elgin Street, as Lounge Night with Johnny Vegas at Maxwell's Bistro.

But now, after a remarkable run of 19 years and 934 performances, Vegas is hanging up his tuxedo after a final performance at Maxwell's on Wednesday.

On Nov. 1, 1995, a 33-year-old J.P. MacDonald — younger brother to comedian Michael

MacDonald — first transformed Maxwell's Bistro into a Vegas casino, and himself into his comic alter-ego Johnny Vegas: a fast-talking, chain-smoking lounge singer who sang Frank Sinatra and Tony Bennett songs while becoming gradually inebriated.

What started as an excuse to have fun lounging it up quickly found a regular audience as Vegas's popularity grew — as did his repertoire, adding classic pop, rock 'n' roll, Latin, French and Elvis Presley to the musical mix.

"I saw him originally as a sort of a bad boy who liked to smoke and drink too much," MacDonald says. "People liked him right away because he's fun. He didn't do sad songs. That wasn't his style."

Nearly two decades later, MacDonald/Vegas has had his share of celebrity fans and memorable moments, like the night he shared the

microphone with then-Prime Minister Jean Chretien, and nights when Gene Simmons and Shannon Tweed and actor Cuba Gooding Jr. showed Vegas the money. Then there was the one crazy night when hockey hero Mario Lemieux and the whole 2004 Team Canada hockey team dropped by to see Vegas and his band — drummers Robbie Vegas and Peter Beaudoin, guitarist Gino Scaffidi, pianist Eddie Bimm, singer Beki Lantos and bass player Marty Newman — perform.

MacDonald doesn't plan to hang up the gold tuxedo permanently, but plans to reappear as Johnny Vegas at KinKi, and every long weekend this fall back at Maxwell's.

Johnny Vegas's Final Lounge Night at Maxwell's Bistro, 340 Elgin St., is Wednesday, July 30. Showtime is 9:20 p.m. Call 613-232-5771 for information.

## New Bluesfest music project 'hoping to support local talent'

As part of a pilot project, Bluesfest artistic producer Mark Monahan took the wraps off his latest musical event, the Festival of Small Halls, with singer and songwriter Old Man Luedecke and guests playing in smaller heritage venues including the Crystal Palace in Perth on Aug. 7, the Kinsman Club of Gananoque on Aug. 8 and the Bloomfield Town Hall in Bloomfield on Aug. 9.

Henry Norwood will open for Luedecke in Perth, Tom Savage in Gananoque and Bill McBurney in Bloomfield.

Inspired by the original

small hall festival in P.E.I., this Bluesfest version promises to use its extensive talent network to bring the best Canadian talent to small towns, and give Canadians a chance to experience music in a friendlier, more intimate setting.

"It's like Bluesfest in reverse," said festival spokesperson AJ Sauve. "Small towns in Ontario have big-time culture. We're hoping to support local talent and bring communities together."

Details are posted online at thefestivalofsmallhalls.com.

**DENIS ARMSTRONG/METRO**

**PFC/Hintonburger Express**

**'Reverse' food truck accepting donations to help the needy**

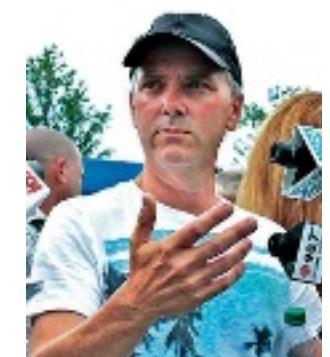
Ottawa's Hintonburger has partnered with the Parkdale Food Centre to create an innovative "reverse" food truck pilot program that benefits the health and well-being of our neighbours in need.

Unlike a typical food truck, where customers

arrive to purchase and enjoy delicious food, this location will instead accept donations of fruits, vegetables, dairy and personal hygiene items for distribution to clients of the Parkdale Food Centre.

Operating from the parking lot of Hintonburger's restaurant, located at 1096 Wellington St. West, the PFC/Hintonburger Express truck will accept donations on Mondays, Wednesdays and Saturdays between 4 and 8 p.m. until Aug. 9.

**METRO**



Bluesfest impresario Mark Monahan got the new "small halls" festival idea from a festival in P.E.I. METRO FILE

**Rainbow Natural Foods**

**Easter Seals given a \$10,000 boost**

On Wednesday, local Easter Seals ambassador Derek Reid accepted a cheque for \$10,000 from Rainbow Natural Foods for its contribution to the Easter Seals Paper Eggs Campaign since 2005. Easter Seals assists kids with physical disabilities with purchases of equipment like wheelchairs or walkers. **METRO**





Alexander Hug, deputy head of the OSCE mission to Ukraine, centre, and his colleagues examine a map as they discuss the situation around the site of the crashed Malaysia Airlines Flight 17 in the city of Donetsk, Ukraine, Wednesday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

## Flight 17. Clashes keeping experts from crash site to recover bodies of victims

Almost two weeks after Malaysia Airlines Flight 17 was blown out of the sky, the remains of some passengers are feared rotting in the 32 C midsummer heat, deepening the frustration of relatives desperate to recover the bodies of their loved ones.

Fighting between Ukrainian

forces and separatist rebels has kept away international police charged with securing the site, a sprawling area of farmland and villages. And until it's secured, there is no way for forensic experts to recover the bodies or gather debris for analysis.

THE ASSOCIATED PRESS



Palestinians inspect damage to adjacent houses from a fallen minaret of the northern Gaza Strip on Wednesday. Israeli aircraft struck dozens of Gaza sites several other areas came under tank fire. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

## GO WHERE YOU WANT, WHEN YOU WANT, AS MANY TIMES AS YOU WANT.

The new Discover Canada Summer Pass gives 12-25-year-olds access to unlimited travel across Canada until August 31, 2014.\*

Buy it at a VIA Rail station ticket counter or by phone at 1 888 VIA-RAIL (1 888 842-7245).

**SUMMER PASS / SUMMER PASS / SUMMER PASS**

A MORE HUMAN WAY TO TRAVEL VIA Rail Canada

A GREEN CHOICE

\*Conditions apply.  
TMTrademark owned by VIA Rail Canada Inc.

## Israel strikes shopping area

### Crisis in the Middle East.

Hopes for a ceasefire growing dimmer as both sides escalate fighting

Quoted



**“Nothing is more shameful than attacking sleeping children.”**

UN Secretary-General Ban Ki-moon, in condemning the attack on a UN school in Gaza. Ban said “all available evidence points to Israeli artillery as the cause” of the attack, noting Israeli military authorities had received the co-ordinates of the school from the United Nations 17 times.

into the compound before dawn, said Adnan Abu Hasna, a spokesman for the UN Relief and Works Agency (UNRWA), which is sheltering more than 200,000 people displaced by the fighting at dozens of UN schools across Gaza.

The bloodshed came on the heels of an escalation by both sides fighting in the embattled coastal territory, further dimming prospects for a sustainable ceasefire despite international diplomatic efforts.

The attack on the UN school in the Jebaliya refugee camp was the second deadly strike on a UN compound in a week. Tank shells slammed

into the compound before dawn, said Adnan Abu Hasna, a spokesman for the UN Relief and Works Agency (UNRWA), which is sheltering more than 200,000 people displaced by the fighting at dozens of UN schools across Gaza.

The Israeli military said it fired back after its soldiers were targeted by mortar rounds launched from the vicinity of the school.

THE ASSOCIATED PRESS



Al-Sousi mosque that was destroyed in an Israel strike at the Shati refugee camp in Wednesday, including five mosques it said were being used by militants, while

## UN compound, in Gaza City

Polls

### Israelis show vast support for war effort

Despite Israeli casualties and world criticism, a near-consensus in Israel supports the government's conduct of the Gaza war, views Hamas as the aggressor and considers outsiders' moralizing as hypocritical, ignorant or both. And in an echo-chamber fed by ubiquitous updates on Hamas rocket and tunnel attacks, the minority of local voices that do agonize over Gazans' suffering are being silenced in a way rarely seen in a country long proud of its spirited, democratic debate.

A series of recent opinion polls have shown robust support for the war, reflecting years of frustration over rocket fire from Gaza and a new fear of

Hamas's network of tunnels that stretch well into Israel and imperil communities along the border. Opposing views, coming primarily from leftist activists and intellectuals, have been met with threats, insults and charges of treason both in social media and face to face.

The vast support for the war can be attributed to the tunnel threat, the extent of which has spooked Israelis, and the veritable exasperation with continued rocket fire. It began in 2001 or so with minor projectiles aimed at the sparsely populated border area; now millions of people including those in Jerusalem and Tel Aviv are facing serious missiles.

Tellingly, even the leftist opposition by and large supports the war and has not complained too loudly about tactics that have led to the deaths of Palestinians. **THE ASSOCIATED PRESS**

Turkey

### Women's activists turn deputy PM's comments into a laughing matter

Women in Turkey have taken to social media to protest against comments by the country's deputy prime minister that "women should not laugh aloud in public."

Women were sharing photos on Twitter of them-

selves laughing Wednesday after Deputy Prime Minister Bülent Arınç's comments that not laughing out loud in public is among requirements of being an honourable woman.

Canan Arınç, a prominent women's rights activist, said it was a pity Turkish women have to respond to such "silly comments" when they have more serious problems to deal with, including frequent male violence against women. **THE ASSOCIATED PRESS**

South Carolina

### Prison-bound drone's struggle to smuggle leads to man's arrest

Officials are looking for a person they say helped try to use a drone to sneak phones, marijuana and other contraband into a maximum-security prison.

Officials found a crashed drone in bushes

outside Lee Correctional Institution in Bishopville, S.C. At the site, Corrections Department spokeswoman Stephanie Givens says officers on April 21 also found the phones, marijuana and tobacco products.

One man has been arrested and charged with trying to give contraband materials to inmates, and authorities are looking for a second suspect.

**THE ASSOCIATED PRESS**

**NEPEAN**  
2065 ROBERTSON RD., NEPEAN  
613-726-1379

## SUMMER BLOWOUT SALE!

HURRY IN FOR BEST SELECTION, WHILE QUANTITIES LAST.  
ON NOW THRU WEDNESDAY, AUGUST 6

SAVE AN EXTRA  
**30%**  
on women's  
selected summer  
fashion

### ESPRIT sheet sets

**17.99**  
Twin Reg. \$110  
**22.99**  
Double Reg. \$149  
**29.99**  
Queen Reg. \$159

SAVE UP TO **80%**  
on mattresses

SAVE UP TO **60%**  
on furniture

SAVE UP TO **35%**  
on appliances

MONDAY, AUGUST 4 IS SENIORS DAY  
**SAVE AN EXTRA 15%\***

when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card.  
Save 10%\* when you use cash, debit or other credit cards.

STORE WILL BE OPEN FOR THE CIVIC HOLIDAY – MONDAY, AUGUST 4, 9:30 AM – 5 PM

Hours of operation: Mon. – Fri. 9:30 am – 9 pm | Sat. 9:30 am – 6 pm | Sun. 10 am – 6 pm

Store discounts are off the lowest ticketed price. We accept Hudson's Bay MasterCard®, Hudson's Bay Credit Card, major credit cards, debit cards, cash. No cheques. No price adjustments on prior purchases. No returns, exchanges or price adjustments on Major Home items. Selection may vary. While quantities last. Some exclusions will apply. No Rainchecks. See store for details. No other discounts apply. \*Seniors Day discount excludes furniture, appliances and mattresses. Other exclusions apply.

# Toronto police officer faces another charge in Sammy Yatim shooting

## Attempted murder.

The Crown added the allegation to an already existing murder charge

The Toronto cop charged with second-degree murder in the streetcar shooting of teenager Sammy Yatim last summer has been charged again.

On Wednesday, the Crown revealed that it had added the charge of attempted murder to the indictment of Const. James Forcillo, leaving him in an apparent contradiction: Prosecutors claim he both murdered and attempted to murder Yatim.

Yatim was killed after brandishing a small knife on the Dundas Street streetcar last July. Once passengers evacuated the TTC vehicle, several police officers approached the open front doors and ordered

Yatim to drop the knife.

Several videos of the event show a single officer — later identified as Forcillo — firing nine times, leaving the boy crumpled on the floor. Yatim was then Tasered and handcuffed before being taken to hospital.

After a court appearance Wednesday morning, Forcillo's lawyer Lawrence Gridin said the new charge indicates weakness in the Crown's case.

"The Crown's changing theory just highlights that this case is by no means clear-cut, and we are looking forward to presenting a strong defence," Gridin wrote in an email to *Torstar News Service*.

Police association president Mike McCormack claimed the two charges are contradictory.

"We're scratching our heads; the public is scratching their heads; no one understands it," he said. "To us, it's like throwing all sorts of stuff at the wall and seeing what sticks."

After discussing the case with Forcillo's lawyers, McCormack speculated that the new charge might reflect the fact that the officer felt threatened by Yatim.

"It seems Forcillo could have been justified in firing some but not all of the shots," he said.

Legal experts say charging the same person with murder and attempted murder is very rare. **TORSTAR NEWS SERVICE**



Sammy Yatim  
FACEBOOK/THE CANADIAN PRESS



Const. James Forcillo and his wife, Irina Forcillo, leave the Old City Hall courthouse in Toronto on June 17. Forcillo has been committed to stand trial on a charge of second-degree murder in the shooting death of a teenager on a Toronto streetcar last summer. **NATHAN DENETTE/THE CANADIAN PRESS**

## WIN the Ultimate Campfire Jam Kit!

To celebrate the opening of our gorgeous new location in Kanata, Long & McQuade is giving away the Ultimate Campfire Jam Kit!

Enter for your chance to WIN an Epiphone AJ220S acoustic guitar, a Denver ukulele and a Meinl HCAJ100NT cajon. Perfect for those summer nights around the campfire!



**Long & McQuade**  
MUSICAL INSTRUMENTS   
long - m c q u a d e . c o m  
66 Hearst Way, Kanata, 613.595.1035

## 'We hold Hamas responsible.' Harper takes hard line on Gaza

An unflinching Prime Minister Stephen Harper reiterated his government's hard line on Wednesday on Hamas, Russia and Chinese cyberattacks.

Harper said Hamas is solely responsible for the death and destruction in Gaza following almost a month of fighting between Israel and Hamas militants.

His remarks, made following a job training announcement in northern Saskatchewan, came as the United States and the United Nations condemned the shelling of a UN school that was sheltering displaced Palestinians on the Gaza Strip. At least 17 people were killed.

"Obviously no one likes to see the suffering and loss of life that has occurred," Harper told reporters in Air Ronge.

"That said, we hold the terrorist organization Hamas responsible for this. They have initiated and continue to seek the destruction of the state of Israel."

Some 3,300 Palestinians, including many women and children, were taking refuge in the school building in the Jabalya refugee camp when it



Prime Minister Stephen Harper  
MATT SMITH/THE CANADIAN PRESS

came under fire around dawn on Wednesday, said the United Nations Relief and Works Agency.

The attack prompted the U.S. to condemn the shelling, though it did not single out Israel by name.

"We are extremely concerned that thousands of internally displaced Palestinians who have been called on by the Israeli military to evacuate their homes are not safe in UN designated shelters in Gaza," the White House added in a statement.

UN Secretary General Ban Ki-Moon called the attack "shameful." **TORSTAR NEWS SERVICE**

## Quebec

### Still no sign of escaped prisoner

Provincial police say there is still no sign of a Quebec inmate who disappeared from a minimum-security federal penitentiary while serving a murder sentence.

An arrest warrant is out for Robert Gaudette, who vanished from the facility north of Montreal early Tuesday morning.

Sources say he escaped by hopping out a window in his room in a minimum-security housing unit.

The 55-year-old Gaudette had been behind bars since receiving a life sentence in 2002 for the second-degree murder of his wife, Cindy Bourchard.

He was set to have a parole hearing soon.

Gaudette was discovered missing during a 5 a.m. head count at the Federal Training Centre in Laval, which comprises both a minimum- and medium-security facility.

He is five-foot-11, 189 pounds with a pale complexion, green eyes and brown hair. He has a surgical scar on his abdomen. **THE CANADIAN PRESS**

**Naked intruder**

**Man broke into home, then fell asleep: Police**

A New Mexico man faces charges after authorities say a couple found him naked and sleeping in their bed.

Investigators say 30-year-old Freddy Shelby of Albuquerque was arrested Sunday after the homeowners called police to report their unwanted mystery guest.

According to a criminal complaint, Shelby broke into the couple's home through a window and grabbed a Sprite from the refrigerator before falling asleep in the master bedroom.

Shelby has been charged with breaking and entering.

THE ASSOCIATED PRESS

**Lottery luck**

**Double millionaire wants motorcycle**

An Indianapolis man has won two \$1-million lottery prizes in the past three months.

Hoosier Lottery officials say Robert Hamilton won \$1 million from a scratch-off ticket he bought last week at an Indianapolis convenience store. His other big winner came in April in western Indiana's Jasonville while travelling to a conference.

Hamilton says he used his first prize to pay off debts, buy a home and invest in his business. He now plans to buy a motorcycle.

THE ASSOCIATED PRESS

**Winnipeg**

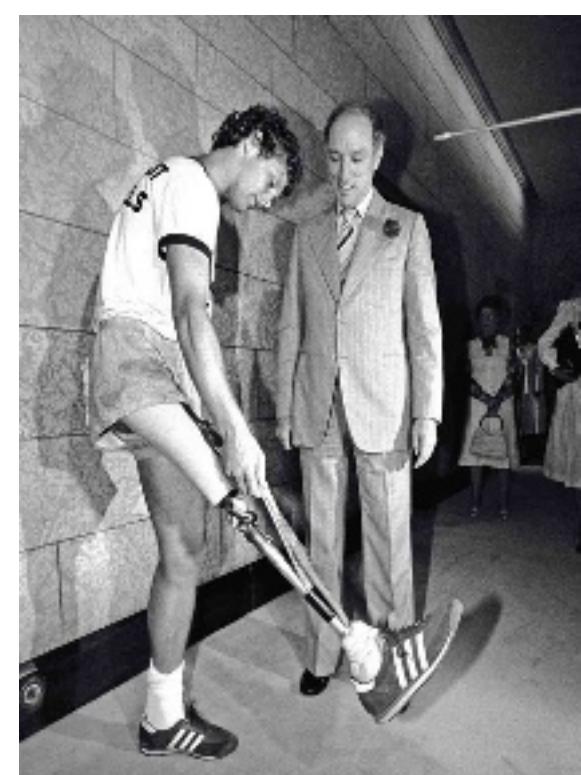
**Motorists entitled to ticket refunds**

An administrative error is being blamed for a million-dollar mistake in Winnipeg's photo-radar program that will see city police and the province refund or cancel 2,574 speeding tickets.

A computer used to process tickets issued between June 27 and July 1 on a stretch of Kenaston Boulevard had not been updated to reflect recent changes to the province's speeding law.

The refunded and cancelled tickets are worth roughly \$1 million, Aitken said. Only one photo-radar location had the glitch.

THE CANADIAN PRESS



**Manitoba to honour Fox**

Terry Fox meets with Prime Minister Pierre Trudeau in Ottawa on July 2, 1980. The Manitoba government plans to change the name of the province's August civic holiday to Terry Fox Day. Fox was born in Winnipeg on July 28, 1958, and is known for his Marathon of Hope. THE CANADIAN PRESS

**Crop circles. Mysterious designs attract thousands to German farmer's field**

Thousands of people are trekking to a Bavarian farmer's field in Raisting, Germany, to check out a mysterious set of crop circles.

The ornate design was discovered by a balloonist last week and news of the find quickly spread online.

Farmer Christoph Huttner, who owns the wheat field near Weilheim, couldn't be reached for comment Wednesday but told the dpa news agency Tuesday he

didn't create the circle himself.

He suggests that students on summer holiday may have cut the image with a 75-metre diameter into his field.

The news agency says thousands of visitors have come to sing, dance and even swing pendulums in the giant image.

Huttner says he's not yet sure whether he will leave the circle in his field.

THE ASSOCIATED PRESS



Visitors walk through a crop circle in Raisting in southern Germany.

THE ASSOCIATED PRESS

# U.S. first lady calls for attitude change at leadership summit

**New direction.**

Michelle Obama pushes African leaders to change harmful attitudes towards women and girls



Michelle Obama speaks to the Washington Fellowship for Young African Leaders on Wednesday.

THE ASSOCIATED PRESS

Michelle Obama called on young African leaders to change traditional attitudes and beliefs that harm girls and women, adding that educating and making women financially literate is not enough.

"No country can ever truly flourish if it stifles the potential of its women and deprives itself of the contributions of half of its citizens," Obama said.

The first lady spoke Wednesday to the inaug-

ural class of young African fellows who are getting six weeks of leadership training in the United States as part

of the Mandela Washington Fellowship.

"Leadership is about creating new traditions that honour the dignity and humanity of every individual. Leadership is about empowering all of our people — men, women, boys and girls," she said.

"When we commit to that kind of leadership across the globe, that is when we truly start making progress on girls' education."

Obama said Africa has made great strides such as more girls attending school, women starting businesses and more women serving in parliaments.

After her remarks, she held a roundtable discussion with more than 30 African leaders to discuss girls' education.

THE ASSOCIATED PRESS

You never forget  
your first...  
*Taste!*



The first 100 customers at the shop on opening day will receive a complimentary box of Mini Hedgehogs!

Open  
tomorrow

RIDEAU CENTRE

Purdy's  
CHOCOLATIER

# Indian village swept away

**'Everything on the mountain came down.'**

17 bodies recovered from landslide, but rescuers anticipate finding more dead

Torrential rains triggered a massive landslide that buried a remote village in western India on Wednesday, killing at least 17 people as it swept away scores of houses and possibly trapping many more people under debris, officials said.

National rescue personnel reached the area before nightfall. But continuing rains and bad roads were hampering rescue efforts and preventing reinforcements from reaching Ambegaon, a village in Pune district in Maharashtra state, said Alok Avasthy, a National Disaster Response Force commander.

Suresh Jadhav, a district official, said 17 bodies had been recovered from under mud, rocks, trees and other debris.

"Everything on the moun-

## Monsoon season

Landslides are common in the area during the monsoon season, which runs from June through September.

- Pune district is about 150 kilometres southeast of Mumbai, India's commercial capital. The nearest medical centre is about 15 kilometres from the village.

tain came down," he said.

But with 70 homes buried and reports of another 158 hit by the landslide, rescuers anticipated more dead in the village, home to 704 people in the foothills of the Sahyadri Mountains.

The landslide hit early Wednesday morning, but details of the damage only began to trickle out several hours later. The area received 10.8 centimetres of rain on Tuesday, with a heavy downpour continuing through Wednesday.

THE ASSOCIATED PRESS



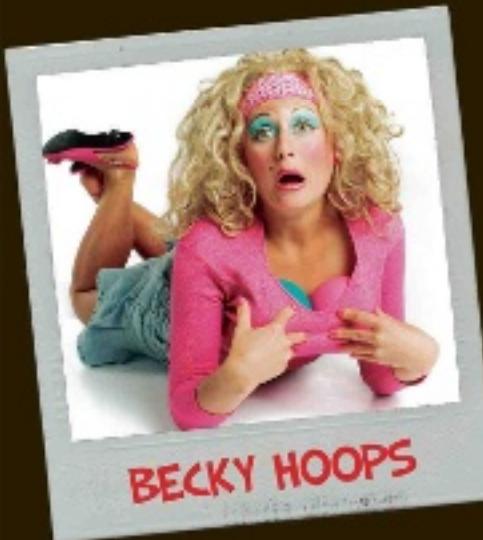
A woman searches for family members in the debris of her home, destroyed by a landslide in Malin village in the western Indian state of Maharashtra, Wednesday. PRESS TRUST OF INDIA/THE ASSOCIATED PRESS



## OTTAWA INTERNATIONAL BUSKERFEST

JULY 31 - AUGUST 4

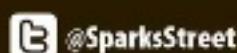
Visit Sparks Street and watch incredible Street Performers from around the world. Shows for the whole family including jugglers, escape artists, acrobats, fire eaters, and more!



**FREE ADMISSION**

For a complete list of performers, the schedule, and a map of Sparks Street please visit our website:

**OTTAWABUSKERFEST.COM**



Sparks Street



**THROW 2 CATCH**



**THE CHECKERBOARD GUY**



**PYROMANCER**

## East Africa. British Airways sued over allegations pilot sexually abused girls

A London law firm representing 16 girls in Kenya, Uganda and Tanzania said Wednesday it is initiating legal proceedings against British Airways over allegations that one of its pilots sexually abused the girls.

A mother of two girls who were allegedly abused told The Associated Press that during layovers in Kenya, the pilot showered her impoverished children with gifts and took them to the Interconti-

ental Hotel in downtown Nairobi, where he sometimes bathed them.

The 54-year-old British Airways pilot, Simon Wood, committed suicide last year, a coroner told a court hearing in Britain on Wednesday. Wood was able to abuse the girls because of his employment with the airline and the company's community outreach work, said lawyer Nichola Marshall of the firm Leigh Day. THE ASSOCIATED PRESS

## Greece

### Farm owner cleared over shotgun attack on migrant workers

A court in southern Greece on Wednesday convicted two employees at a strawberry farm for shooting and wounding 28 migrant workers protesting unpaid wages, but the farm's owner and

head foreman were cleared.

The shotgun attack occurred last year in Manolada, 260 kilometres from Athens, where mostly Bangladeshi migrants work. Court in Patras sentenced one man to 14 years and seven months in prison and the other to eight years and seven months. Both were convicted of aggravated assault and illegal use of firearms, but were freed pending appeal. THE ASSOCIATED PRESS



FREE ADMISSION

# OTTAWA INTERNATIONAL BUSKERFEST

JULY 31 - AUGUST 4

Come watch incredible  
Street Performers from around the world!

Sparks Street

metronews.ca  
Thursday, July 31, 2014

BUSINESS

13

## Market Minute

DOLLAR  
91.73¢ (-0.36¢)

TSX  
15,524.82 (+78.27)

OIL  
\$100.27 US (-\$0.70)

GOLD  
\$1,296.90 US (-\$3.60)

Natural gas: \$3.78 US (-\$0.04)  
Dow Jones: 16,880.36 (-31.75)

## Stole millions

### Fake concert booker gets 5-10 years in prison

A New York man who stole millions of dollars from clients by falsely promising to book performances by world-famous recording artists like Rihanna, Lady Gaga and Justin Bieber has been sentenced to five to 10 years in prison.

THE ASSOCIATED PRESS

## The end of driving?

### Britain to test driverless cars

British officials say driverless cars will be tested on roads in as many as three cities in a trial program to begin in January.

Officials said Wednesday the tests will last up to three years. Sensors and cameras will guide the cars.

The plan will include two types of driverless technology. One places a driver in the car who can take the controls if needed; another calls for a fully autonomous vehicle with no driver present.

THE ASSOCIATED PRESS

## Ford Motor Co.

### Ford puts brakes on BlackBerrys, opts for iPhones

Ford Motor Co. is hanging up on BlackBerry and giving thousands of its employees Apple's iPhone.

A spokeswoman for the automaker said Ford aims to replace BlackBerry smartphones with about 3,300 iPhones by the end of the year.

THE CANADIAN PRESS

# Small charity survived audit, but CRA has fresh demands

**Charitable status at risk.**  
The head of CoDev is feeling 'stressed' about complying with order to translate all documents into French or English

A small Vancouver charity that helps the poor in Latin America has survived an audit of its political activities but is now struggling with fresh demands from the Canada Revenue Agency.

CoDevelopment Canada Association — known as CoDev — faces the crippling prospect of translating every scrap of paper it receives from 17 partners in El Salvador, Nicaragua, Honduras and elsewhere from Spanish into either English or French.

The demand, set out in a January compliance let-



The Canada Revenue Agency headquarters in Ottawa in 2011. A small Vancouver charity that helps the poor in Latin America has survived an audit, but now is struggling with fresh demands from the CRA. SEAN KILPATRICK/THE ASSOCIATED PRESS FILE

ter from the CRA, will start to bite this fall as the tiny four-person shop begins to receive banker's boxes full of Spanish-language docu-

ments from its Latin American projects, including taxi chits and bus-fare receipts.

The group's executive director, Barbara Wood, says

the newly imposed requirement will drain away scarce resources, yet must be carried out or CoDev risks losing its charitable status.

## New class of audits

The case is an example of how the CRA's 52 political-activity audits currently underway can end badly for a non-profit organization, even if it manages to pass the new class of audits instituted by the Harper government in 2012.

- Many of the charities under audit have been critics of government policy, including CoDev, a trade union-funded group that has raised questions about Canada's free-trade deal with Colombia, among other issues.

"It makes me feel uncertain and a little bit stressed," Wood said in an interview. "I'm feeling fairly vulnerable." THE CANADIAN PRESS

### Ticket me Elmo? Costumed characters demanding tips for pics no laughing matter



People dressed as Catwoman and Spider-Man take a picture with a tourist in Times Square on Monday.

THE ASSOCIATED PRESS

... they are subject to greater regulation," said Jesse Choper, a constitutional law professor at the University of California.

In about the past year, a Cookie Monster was accused of shoving a two-year-old and an Elmo was heard berating tourists with anti-Semitic slurs.

There also have been recent reports of a brawl between two Statue of Liberty impersonators and a man dressed as Woody from Toy Story groping women.

THE ASSOCIATED PRESS

# SCHOOL'S OUT FOR THE SUMMER!



But you can still  
register your  
child for next  
school year!

Il est toujours possible  
d'inscrire votre enfant  
pendant l'été pour  
la prochaine année  
scolaire!

ecolecatholique.ca 613 746-3837



# JULY 31 - AUGUST 4

## OTTAWA INTERNATIONAL BUSKERFEST

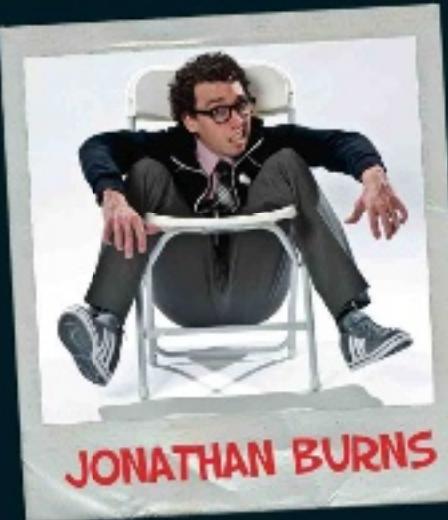
JULY 31 - AUGUST 4



### JUNKYARD SYMPHONY

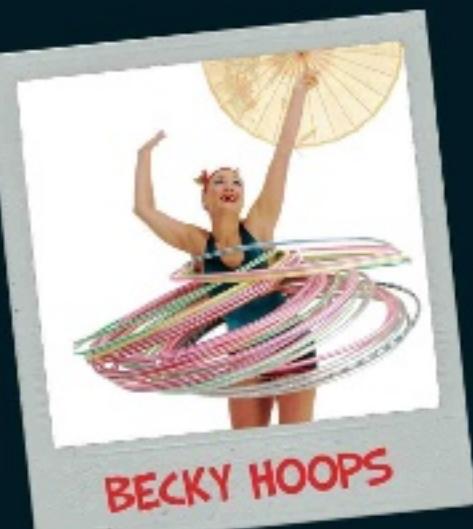
Junkyard Symphony is an eco-entertainment company (eco standing for ecological and economical), that reuses junk to service all kinds of events for all ages. What do they do with all this junk? They do many things with junk but are best known for their amazing junk/percussion/comedy/circus shows!

FRIDAY: 2:00pm - Giant Tiger; 6:00pm - Metro; 9:00pm - Metro; SATURDAY: 12:00pm - Giant Tiger; 2:30pm - CTV; 5:00pm - Metro; 7:30pm - PoutineFest; SUNDAY: 11:00pm - Giant Tiger; 2:00pm - Metro; 4:00pm - Ontario; 6:30pm - PoutineFest; 9:00pm - Giant Tiger; MONDAY: 12:30pm - Ontario; 2:30pm - Ontario; 5:00pm - Giant Tiger;



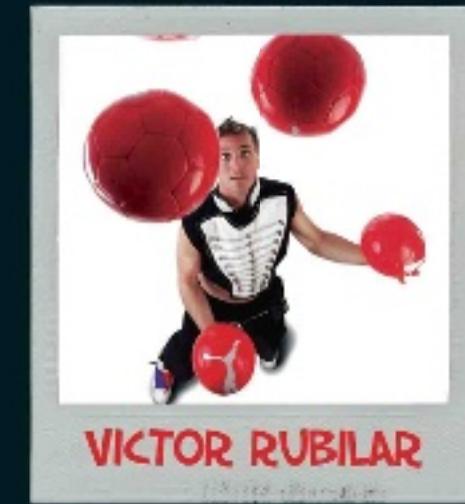
Jonathan Burns always thought he was special. He was the kind of kid who would put his leg over his head at the family reunion or perform musical armpit farts to impress the girls. In 2004, contorting his body and impressing people with his unusual talents became his full-time job. Since then he was recently featured on the Jay Leno Show & the Late Show with David Letterman.

FRIDAY: 2:30pm - PoutineFest; 6:30pm - PoutineFest; 9:30pm - Ontario; SATURDAY: 12:30pm - Ontario; 2:30pm - PoutineFest; 5:00pm - Giant Tiger; 8:00pm - Metro; SUNDAY: 11:30am - Ontario; 2:30pm - PoutineFest; 4:30pm - CTV; 9:00pm - Metro; MONDAY: 12:30pm - CTV; 3:00pm - Metro; 5:30pm - Ontario



Becky charms and cracks up her audience combining absurd characters and her many hula-hoops. She hoops in an unconventional, quirky fashion, using parody and humor to touch her public. Becky has created and performed a number of different comic shows around the world for the last 10 years.

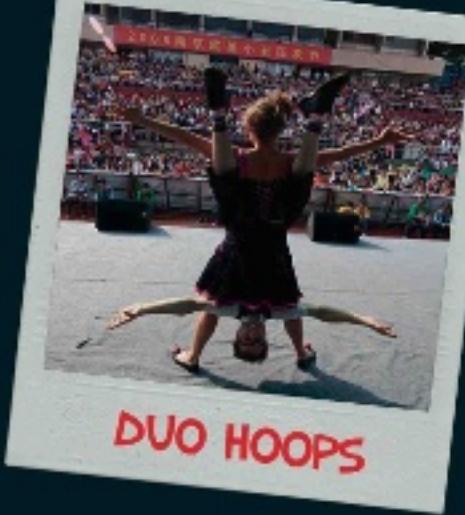
FRIDAY: 1:30pm - Giant Tiger; SATURDAY: 11:30am - PoutineFest; SUNDAY: 8:30pm - PoutineFest



### VICTOR RUBILAR

Victor Rubilar is a 5 Five-time Guinness World Record holder from Argentina with 18 international awards under his belt and shows in 52 countries. His show is simply about having fun and sharing the fun with others. A party on stage. He juggles with soccer balls, dances to the crowd and combines everything with a unique sense of humor.

FRIDAY: 12:00pm - Metro; 4:00pm - Metro; 7:30pm - PoutineFest; SATURDAY: 1:30pm - Ontario; 3:30pm - PoutineFest; 6:30pm - CTV; 9:00pm - Giant Tiger; SUNDAY: 12:30pm - CTV; 3:00pm - Giant Tiger; 5:30pm - CTV; 8:00pm - Metro; MONDAY: 11:00am - Giant Tiger; 1:30pm - CTV; 4:00pm - Metro



### DUO HOOPS

One Enormous Hula Hoop, two eccentric characters, loads of fun! David and Becky are a lovable, dynamic duo, despite their flaring personality differences. Duo Hoops will dazzle you as much with their tricks as with their bizarre wit and absurd humor. They come together to hula hoop (with hoops of all sizes), juggle and toss each other around. Don't miss this highly skilled yet completely ridiculous comedy duo!

FRIDAY: 10:00pm - Metro; SATURDAY: 2:00pm - Giant Tiger; 4:30pm - CTV; 7:30pm - Ontario; SUNDAY: 4:00pm - Metro; 6:30pm - Ontario; MONDAY: 12:15pm - Metro; 4:00pm - PoutineFest



### SPRING ACTION

High flying acrobatics and spring-stretching antics will impress and entertain audiences of all ages. Prepare to laugh, groan and be amazed! Action-packed from start to finale with national level trampoline skills, gut-busting comedy, cirque-style acrobatics and acrobance, the Spring Action Trampoline Show is a must-see! With most of the action happening over 15 feet in the air everyone gets VIP seating!

FRIDAY: 11:00am - Metro; 2:00pm - Giant Tiger; 7:30pm - Ontario; SATURDAY: 3:30pm - Ontario; 8:30pm - PoutineFest; SUNDAY: 12:00pm - Giant Tiger; 2:30pm - Ontario; 5:00pm - Giant Tiger; 7:30pm - CTV; MONDAY: 1:00pm - Giant Tiger; 3:30pm - CTV

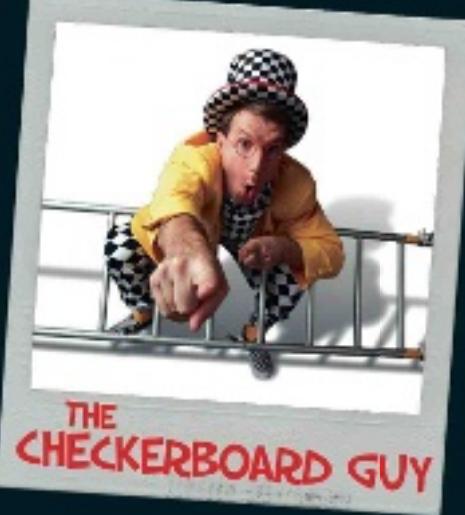
**FREE  
ADMISSION**



### DAVID FISET

David Fiset is a multidisciplinary circus artist who specializes in object balancing, juggling and the unicycle. With his downing and acrobatic abilities, David combines all his skills to bring excitement and laughter in any and every occasion.

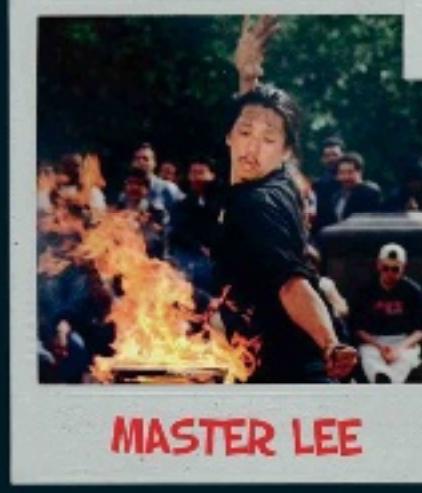
FRIDAY: 5:00pm - Giant Tiger; 7:00pm - Giant Tiger; SATURDAY: 11:30am - CTV; SUNDAY: 10:00pm - Giant Tiger



### THE CHECKERBOARD GUY

Since 1981 David Aiken has performed as 'The Checkerboard Guy' a Comic Daredevil who's manic energy, zany sense of humour and robust skill set have been his passport to the globe! His award-winning comedic variety show incorporates a trunk full of variety skills including juggling, unicycle and enough audience participation to keep young and old engaged and laughing from start to finish!

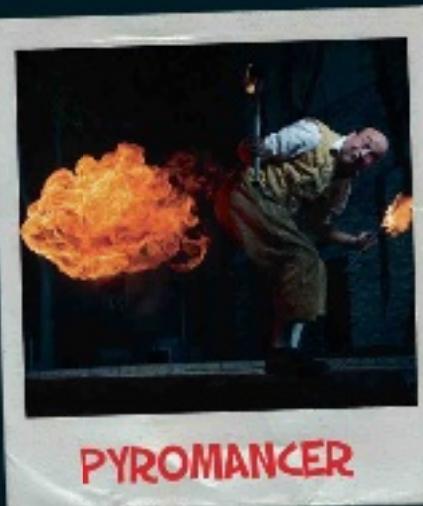
FRIDAY: 11:00am - Giant Tiger; 3:00pm - Metro; 7:00pm - Metro; 9:30pm - PoutineFest; SATURDAY: 12:30pm - PoutineFest; 3:00pm - Giant Tiger; 5:30pm - CTV; 8:30pm - CTV; SUNDAY: 12:00pm - Metro; 7:30pm - Ontario; 9:30pm - PoutineFest; MONDAY: 1:00pm - Metro



### MASTER LEE

Master Lee's Martial Arts Stunt Show has won numerous awards world wide. He uses Kung-fu and comedy to the delight of audiences for the last 35 years. From the Blindfolded Cucumber Chop on a volunteer's stomach to the triple flaming Board Break his show has been entertaining crowds young and old.

FRIDAY: 12:00pm - Giant Tiger; 4:00pm - Giant Tiger; 8:00pm - Metro; 10:00pm - CTV; SATURDAY: 11:00am - Metro; 1:30pm - CTV; 4:00pm - Metro; 9:00pm - Ontario; SUNDAY: 12:30pm - PoutineFest; 3:30pm - Ontario; 8:00pm - Giant Tiger; MONDAY: 11:30am - Ontario; 1:00pm - PoutineFest; 4:00pm - Giant Tiger



### PYROMANCER

A mix of spectacular flames and death defying tricks, brought together with a great sense of humour and a playful charming presence, makes this show like none you will ever see. Some would say his character burns brighter than the torches in his hands ... others say they never saw so many long lasting flames coming from a man's mouth ... and some people just love to see him burn. This unique fire show is a must see for all ages.

FRIDAY: 6:30pm - CTV; 9:00 - Giant Tiger; 10:30pm - Ontario; SATURDAY: 12:30pm - CTV; 3:00pm - Metro; 6:30pm - Ontario; 8:00pm - Giant Tiger; SUNDAY: 11:30am - CTV; 2:00pm - Giant Tiger; 7:00pm - Giant Tiger; 9:30pm - CTV; MONDAY: 12:00pm - PoutineFest; 3:00pm - Giant Tiger; 5:30pm - CTV

**OTTAWABUSKERFEST.COM**

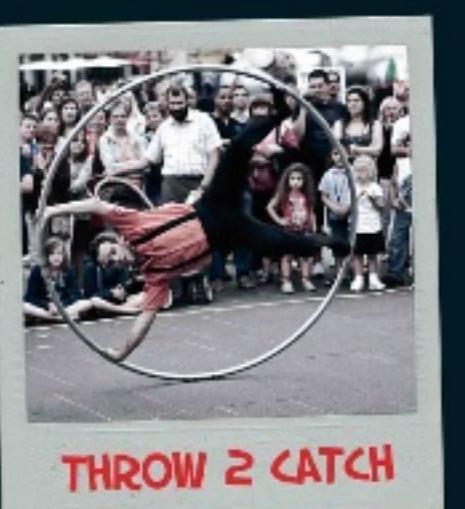
\*\*PLEASE NOTE! SCHEDULE IS SUBJECT TO CHANGE\*\*



### NIGEL BLACKSTORM

Born Gareth Blackthunder, he was raised in a small town in the south of England. As a youth he focused on his two passions heavy metal and magic. He blended the two creating the unique genre: "Heavy Magic." He later changed his name to Nigel Blackstorm because he argued that his given name didn't sound "heavy" enough. Be prepared to have your minds blown, and ladies: please control yourselves.

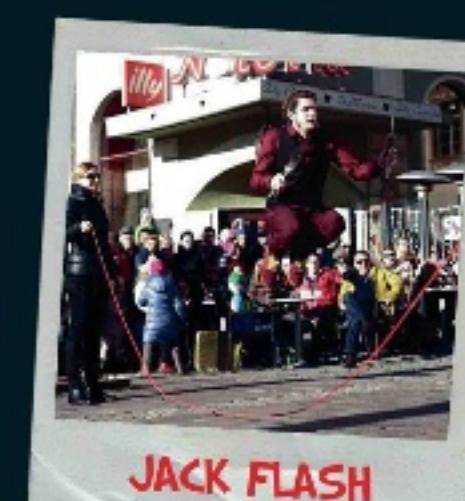
FRIDAY: 12:30pm - PoutineFest; 4:30pm - PoutineFest; 8:00pm - Giant Tiger; SATURDAY: 11:00am - Giant Tiger; 1:30pm - PoutineFest; 4:00pm - Giant Tiger; 7:00pm - Metro; 9:30pm - CTV; SUNDAY: 1:00pm - Metro; 3:30pm - CTV; 6:00pm - Metro; 8:30pm - CTV; MONDAY: 11:00am - PoutineFest; 2:00pm - Giant Tiger; 4:30pm - CTV



### THROW 2 CATCH

Throw 2 Catch created T3C, a show with one of the highest technical levels for an exterior show in the world. The team of artists is made up of three experienced performers have been around the planet. This show is a mixture of dynamic numbers, technical prowess and art direction that will leave the spectator amazed.

FRIDAY: 1:00pm - Metro; 5:00pm - Metro; 8:00pm - Ontario; SATURDAY: 11:30am - Ontario; 2:00pm - Metro; 4:30pm - Ontario; 7:00pm - Giant Tiger; SUNDAY: 1:00pm - Giant Tiger; 3:30pm - PoutineFest; 6:00pm - Giant Tiger; 8:30pm - CTV; MONDAY: 11:00am - PoutineFest; 2:00pm - Giant Tiger; 4:30pm - CTV



### JACK FLASH

A one man circus spectacular combining comedy, acrobatics, magic, and some of the best knife juggling you will ever see. What makes it even more amazing is that he still has all his fingers! You will laugh, you will cheer, and you might even scream when you see him perform a handstand 3 meters above the ground!

FRIDAY: 11:30am - PoutineFest; 3:30pm - PoutineFest; 7:30pm - CTV; SATURDAY: 1:00pm - Giant Tiger; 3:30pm - CTV; 6:00pm - Giant Tiger; 9:30pm - Metro; SUNDAY: 12:30pm - Ontario; 3:00pm - Metro; 5:30pm - Ontario; 7:30pm - PoutineFest; MONDAY: 1:30pm - Ontario; 3:00pm - PoutineFest; 5:00pm - PoutineFest

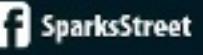
### GRAND FINALE SHOW

MONDAY, AUGUST 4 - 6:00pm  
Ontario Stage • FREE ADMISSION

### BUSKERS & Burlesque

SUNDAY, AUGUST 3 - 11:00pm • 18+  
Marriot Hotel • 100 Kent St. • TICKETS: \$20

Favourites from the Ottawa International Buskerfest join forces with beautiful dancers from the Ottawa Burlesque Festival presenting a one of a kind adults only spectacle!





FREE ADMISSION

# OTTAWA INTERNATIONAL BUSKERFEST

JULY 31 - AUGUST 4

Come watch incredible  
Street Performers from around the world!

Sparks Street

metro

16

VOICES

metronews.ca  
Thursday, July 31, 2014

# WHEN SOMEONE GREAT IS GONE

What have I become?

Back in my youth (2010), I wrote a column about not owning a cellphone. Even then, it was such an unusual state of affairs that a Calgary talk-radio station called me for an interview about it.

Sample excerpt: HOST: So you don't have a cellphone? ME: No. HOST: Wow.

Then, in 2011, in an example of how consistent and steadfast I am when I believe in something, I bought a cellphone.

I was using it all the time, only looking up from the screen for automobile crashes, and then only to Instagram them.

My phone was a part of me. I'd become everything I'd ever mildly disliked.

Now, years later, allow me to share the third chapter of this tragedy: My cellphone isn't working properly and it's killing me. What's saddest is that the phone still works. It's



**HE SAYS**  
**John Mazerolle**

metronews.ca

just charging inconsistently, sometimes leaving me without access for a few hours, tops.

But I'm like a heroin addict who knows his product and can tell the hit's been stepped on a few too many times. (NOTE: All drug lingo accurate as of Season 5 of *The Wire*.)

I sicken myself, and not only because this column has more 'i's in it than a new Apple product's press release.

I'm glued to my phone, and for the dumbest reasons: Facebook. Twitter. Video games that aren't even as good as the ones from the '80s.

Who goes through withdrawal for these things? Here's how bad it is: There was a story in the news this week about a huge solar flare that could have disabled all electronics on Earth and my first thought, I swear to

God, was "Oh, my poor phone!"

Life on Earth would have been set back decades and all I could think about was dozens of Angry Birds suddenly squawking out in terror, then suddenly silenced.

In the movies people who get hooked up to supercomputers always become hyper-intelligent demi-gods with aspirations of world domination.

Reality suggests the person would become a drooling cyber-cypher whose message for the world would be random messages of "THIS!" "WANT!" and "SO MUCH THIS!"

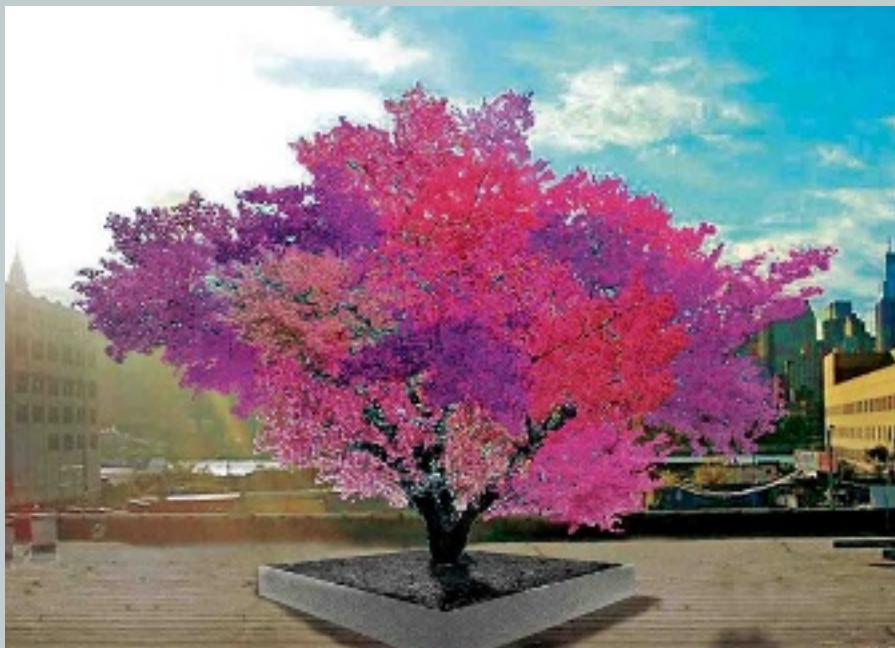
First we squandered television's potential, now we're wasting the Internet's.

If the abacus had been invented this week, we'd use the beads to make clacking noises and penis shapes.

I asked who goes through withdrawal for these things. Well, everybody, near as I can tell. What have I become? You and you and YOU.

So at least I'm not alone. Who says technology is pulling us apart?

## THE GIVING (& GIVING & GIVING) TREE



Artist Sam Van Aken's rendition of what the Tree of 40 Fruit will look like when it reaches 10 years of age. Van Aken describes his project as art, research and conservation. IMAGES SAM VAN AKEN COURTESY OF RONALD FELDMAN FINE ART

### Artist's Tree of 40 Fruit Project growing into maturity

New York-based artist Sam Van Aken has brought together a plethora of fruit trees to create supertrees with the capacity to grow more than 40 different varieties of fruit.

Created through the process of grafting, the Tree of 40 Fruit appears as a regular tree most of the year, but in spring its chimera nature reveals itself when it blossoms

#### Quoted

"I realized the extent to which we've created these massive monocultures."

Sam Van Aken, artist behind the Tree of 40 Fruit project, who said in a TED talk that it was difficult to find the varieties of stone fruit for his project.

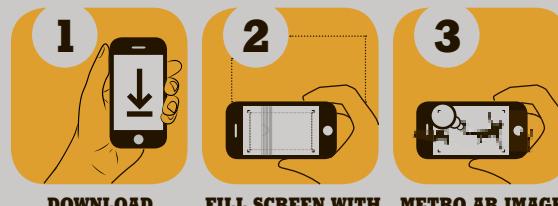
in variegated tones of pink, white and crimson. Come summer, it bears a multitude of fruit, including peach, plum, apricot, nectarine, cherry and almond. **METRO**



Tree 75 in the spring at five years old with its various flowers blooming.

#### METRO AUGMENTED REALITY

### SEE THE NEWS COME ALIVE...



**DOWNLOAD METRO NEWS APP**   **FILL SCREEN WITH IMAGE TO SCAN**   **METRO AR IMAGE JUMPS TO LIFE**



In this issue, you can find AR enhancements on page 26 in Sports.

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.

2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!

3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience.

You can even move your phone away from the page and interact with the content directly on your device.

#### MetroTube

### Self-harmie? Snafuie? Pick your portmanteau

 **ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Look, if we're going to continue with the reckless endangerment in pursuit of that perfect daredevil selfie, then we're also going to need a word for any misfortune that results. The portmanteau era demands it.

So what's it going to be? What do we call something like this, where our selfie-snapping hero nearly finds himself on the business end of a bull at a French festival? A self-harmie? A snafuie? There should also be a word to describe society's failure in not coming up with this already. (lexflex freeman/YouTube)



GETTY IMAGES FILE

metro

Star Media Group President John Cruickshank • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Ottawa Sean McKibbin • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Sales Manager Ian Clark • Distribution Manager Joel Orlit • Vice President, Content & Sales Solutions Tracy Day • Vice-President, Sales Mark Finney • Vice-President, Finance Phil Jameson • METRO OTTAWA • 130 Slater St., Suite 100 Ottawa, ON K1P 6E2 • Telephone: 613-236-5058 • Fax: 866-253-2024 • Toll free: 1-888-916-3876 • Advertising: 613-236-5058 • adinfoottawa@metronews.ca • News tips: ottawa@metronews.ca • Letters to the Editor: ottawaletters@metronews.ca

# Ottawa future-folk bandmates tour the province on two wheels

**Bosveld.** Avid cyclists tackle a seven-city tour to promote their debut record

 **BACKSTAGE PASS**  
Jen Traplin  
ottawa@metronews.ca

Although most bands tend to tour soon after releasing an album, few have opted for the approach taken by Ottawa future-folk duo Bosveld.

To promote their debut record *Veldbrand*, the pair left two weeks ago on a tour of Ontario — riding bicycles.

Jeremy Mulder and Théan Slabbert are avid cyclists, but neither had ever done this sort of long-haul trip.

The biggest challenge was figuring out how to get all of their stuff from Point A to Point B. Donated cargo bikes from Kunstadt Sports made the packing part easy enough, but Mulder said carting it all around is another story.

"I think we've perfected how to get it all on the bikes and moving but, for some big hills, it's hard. I think if we were to do this again, we would pack lighter."

The duo's first stop was Oxford Mills, followed by shows in Kingston, Oshawa, Toronto, Hamilton and Peter-



Jeremy Mulder, left, and Théan Slabbert are wrapping up a 1,100-km tour of Ontario on bikes. OTTAWA VELO VOGUE

**Quoted**

**"We've actually gotten a lot of knowledge on the cycle touring from the people we've been staying with, so that's been very helpful for making adjustments as we go along."**

Bosveld's Jeremy Mulder on learning on the road.

**Ticket to ride**

- **Where to see them.** Arboretum Festival, St. Alban's Church (454 King Edward Ave.) Wednesday, Aug. 20 at 7:30 p.m.
- **More info.** Go to [bosveldmusic.com](http://bosveldmusic.com)

bikes, which makes something like 105 kilometres in a day really tough," added Slabbert.

The pair are staying at private homes for free, through a service called Warm Showers ([warmshowers.org](http://warmshowers.org)), an online hospitality exchange for touring cyclists. They admit the experience has been both economical and educational.

"We've actually gotten a lot of knowledge on cycle touring from the people we've been staying with, so that's been very helpful for making adjustments as we go along," says Mulder.

The pair are hoping to inspire other bands and artists to consider methods of touring that are both cost-effective and environmentally friendly. They're even thinking of planning a cross-country tour on their bikes.

"The longest ride we've done in a day was 105 kilometres," said Mulder, noting that trip took nine hours.

"This trip is challenging because we're carrying an extra 80 to 180 pounds on our

borough. They will wrap up the tour with a hometown performance at Ottawa's Arboretum Festival.

2  
SCENE



**KUTTERS**  
Knives & Accessories Inc.

OTTAWA'S PREMIER KNIFE STORE

**TOP QUALITY BRAND NAMES OF ALL KINDS!**

1642 Merivale Road, Merivale Mall

Across from BestBuy

613-228-0000

[www.kuttersknives.com](http://www.kuttersknives.com)

**Save from  
15%-40%**  
**On our Huge Selection!**

# Waters happy under his own thumb

## Subversive storyteller.

Auteur and author John Waters unsure if he'll make another film as he promotes latest book *Carsick*

Comical cult legend John Waters says he doesn't know if

he'll make another film again, and he's fine with that.

After writing and directing over a dozen features, earning nicknames including the Baron of Bad Taste and the Pope of Trash for his subversive screen stories, he's found happiness in penning books as it gets harder and harder to secure financing for new big-screen projects.

"I want to make another movie, but if I don't, I have many ways to tell my stories," Waters said in an interview to promote his seventh book, *Carsick*. "They want me to make (films) on the budgets I made *Female Trouble* and *Polyester*, and I can't be a faux underground filmmaker at 68.

"It's just like when they wanted me to come to Occupy

Baltimore. I'm for it, I'm for all anarchy kids," said the gay writer-director-actor. "But at the same time I said, 'I own three homes and a summer rental. I can't really be too much of an anarchist.' Brigid Berlin, the great Warhol star, said to me ... 'How can we be bad at 70?' What a great line that was. That we even want to be, at 70."

The baddest thing Waters has done lately? Hitchhiking from his Baltimore house to his apartment in San Francisco for *Carsick*, now on shelves.

The book begins with fictionalized hitchhiking scenarios he imagined might happen to him on the road. It then gives a humorous account of his actual 2012 trip, with drivers including a minister's wife, a young man in a red Corvette and a coal miner.

His cover was eventually blown after he was picked up by the indie band Here We Go Magic and they tweeted about it, leading to a flurry of posts on social media.

Holding out his thumb gave him a new outlook on Middle America, said the writer-director of 1988's *Hairspray* and 1994's *Serial Mom*.

"I always said before, I do great in the high life and the low life — I can do well at the Cannes Film Festival, I do well

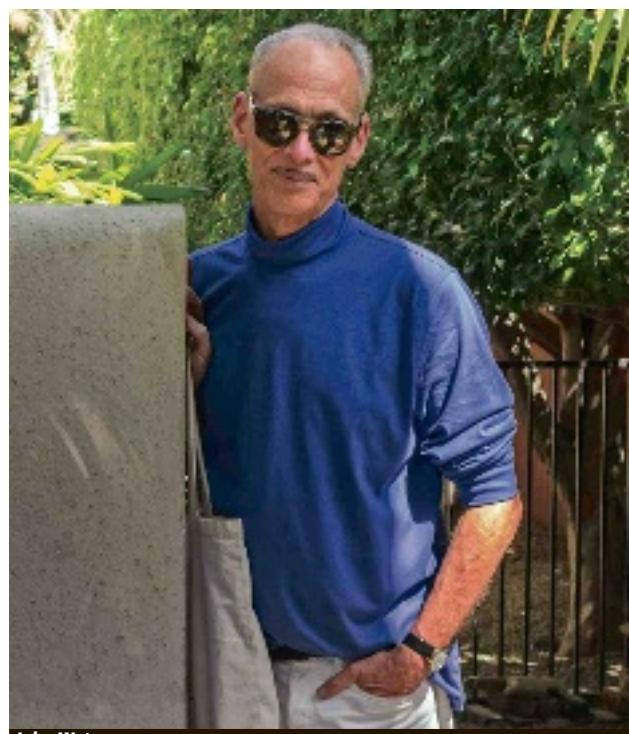
in prison, I don't do well in a shopping mall. But I think that changed, because I think Middle America is different now. I think people have changed. I think it's all because of the Internet and the global community and everything. Everybody's better, everybody's a little cooler, everybody's a little less judgmental."

Waters battled rainy weather, stayed in motels and dined at truck stops and fast-food restaurants on his trip.

"In the beginning you say, 'I wouldn't get in a car like this, I wouldn't do this.' But by the time you're really out there doing it for five days, I said I'd get in Ted Bundy's car."

In fact, the more offbeat the driver the better for Waters, who noted he's more interested in people that think they're normal but are insane. "That's all the characters I make movies about," he said.

THE CANADIAN PRESS

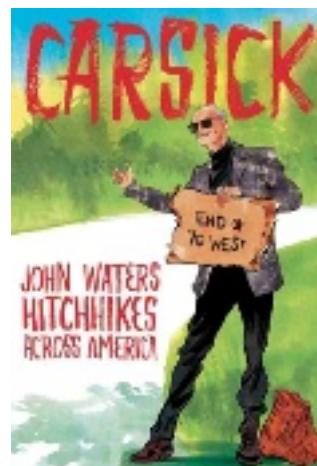


John Waters GREG GORMAN/RAINCOAST BOOKS

## On not being recognized

"But once I stood there for 10 hours, are you kidding? I prayed somebody would recognize me. When I had to walk down in those Holiday Inns at seven in the morning to those breakfast rooms with the truckers, I was prayin' somebody would recognize me, but they usually never did."

John Waters



## DÉPANNEUR JOHN

Aylmer Sector (Gatineau) • 54 Vanier (next to Deschênes Hotel) • 819-684-9276

5 MINUTES FROM RIVER PARKWAY  
Cross Champlain Bridge, Turn left at first light - Boul. Lucerne, then left on Ch. Vanier

\*Prices are subject to change. Prices valid from July 31 – August 4, 2014 while quantities last. Deposit and taxes extra. EXTRA DISCOUNTS ON BIGGER QUANTITIES!



Gwyneth Paltrow

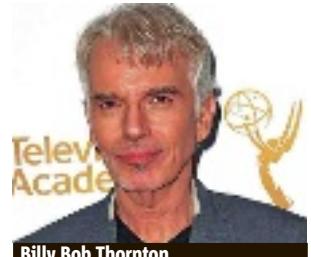
## Paltrow and Martin still consciously uncoupling — just don't snap a pic

Here's some rather bizarre behaviour for you: Gwyneth Paltrow attended the premiere and after-party for new film *Hector and the Search for Happiness* with estranged husband Chris Martin, but then decided

they probably shouldn't be photographed together. That led to an odd series of photos that included the singer ducking into the back seat of their SUV and trying to hide behind decorative shrubbery.

## Billy Bob was too late to be Saved by the Bell

What with his Emmy-nominated performance on *Fargo*, Billy Bob Thornton definitely has a taste for television now. And he's got a few ideas about other shows on which he'd like to appear. "There's so much good stuff on TV," he tells E! News. "Maybe I can play what's his name? Hodor on *Game of Thrones*, the guy who only says, 'Hodor.' Maybe I could be his cousin or something, his long-lost cousin." Of course, life is not without regret, as Thornton jokes that he came



to television too late for one dream role. "Saved by the Bell is not on anymore, so I think I missed my chance," he says.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

#### *Bloom and Biebs brawl almost too good to be true*



NED EHRBAR  
Metro in Hollywood

Orlando Bloom is a tough guy to piss off. He has one of the most charmed, stress-free existences going, and he knows it. He's handsome, he's got a fancy British accent and his status as a movie star remains unchallenged despite not doing much noteworthy beyond the Lord of the Rings. The man generally walks around with an "Isn't it awesome being me?" grin on his face. So getting him riled up has to be a challenge. And you know who's up to that challenge? Justin Bieber.

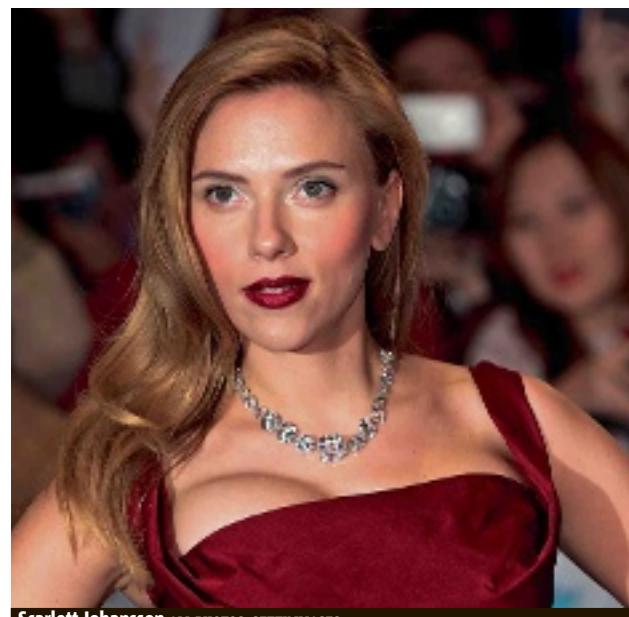
Bloom and the Biebs were living it up (separately) at Cipriani's in Ibiza — because of course they were — when some bad blood between the pair erupted into Bloom taking a swing at Bieber. "Justin was at one table, and Orlando was at another," a source tells Page Six. "But when Bieber and his party were later walking past Bloom's table, Orlando refused to shake Bieber's hand." Then, "Bieber said something rude to Orlando, like, 'She was good.'" That comment was apparently



about Bloom's ex-wife, Miranda Kerr, a Victoria's Secret model who has previously had to spend time with Bieber because being a Victoria's Secret model is actually a terrible, terrible job.

People, this is amazing. This is gossip Christmas. Wispy, non-threatening millionaires trying to slap-fight in an Ibiza nightclub with Diddy and Paris Hilton looking on? It's so perfect I almost don't believe it. But there's video of the incident, so maybe the universe really is just this rewarding.

Hours after fleeing the scene, Bieber took the only recourse that feels natural to him: social-media taunting. He posted a photo of Kerr in a bikini to his Instagram account, then quickly deleted it — but not before it could get more than 94,000 likes. Sick burn, bro.



Scarlett Johansson ALL PHOTOS: GETTY IMAGES

## First comes the baby for Scarlett Johansson

Don't expect to see Scarlett Johansson in a wedding dress until after she finishes up with this whole being pregnant thing, according to Us Weekly. "She is telling friends that she is not getting married until after the baby," a source explains.

There's no word on when her baby with French fiancé Romain Dauriac is due, but with her work on *Avengers 2* complete and her promotional duties for *Lucy* behind her, Johansson is said to be taking it easy and enjoying her pregnancy.

### Twitter



@KevinHart4Real

My lady just caught me male twerking in the bathroom naked. I just stopped & immediately apologized & said please don't judge me. FML



@kirstiealley

I'm getting an awesome massage except Duxter flew up here and is bugging the F outta me!!! Duck world problems



@SarahKSilverman

my doctor said I'm a late night tweeter



SATURDAY, AUGUST 2 & SUNDAY, AUGUST 3

Receive a  
**FREE SURPRISE**  
Petro-Canada™ Gift Card that could be worth  
**\$20 or \$30 or \$50**  
when you spend \$75 or more on almost anything in-store.\*

Visit [shoppersdrugmart.ca](http://shoppersdrugmart.ca) or the store nearest you for details.

\*Some conditions may apply. Offer valid Saturday, August 2 & Sunday, August 3, 2014.

Petro-Canada is a Suncor Energy business. TM Trademark of Suncor Energy Inc. Used under licence.

A graphic showing three Petro-Canada gift cards of different denominations: \$20, \$30, and \$50. The cards are red, white, and blue with the Petro-Canada logo. Below the cards is a logo for Shoppers Drug Mart and the text "Petro-Canada Gift Card is valid until August 24, 2014." The background is blue with a red and white striped pattern.

3  
HOT  
HOT  
HOT

# A Roland Mouret mash-up? Now that's Banana's!

## Nine-to-five knockout.

Celebrated French designer's collection for Banana Republic on its way to Canadian stores

TINA CHADHA  
Metro World News

HR, beware: The workplace is about to get a whole lot sexier.

The latest in the world of high/low designer collaborations has arrived.

French designer Roland Mouret is bringing his sexy, fitted dresses to Banana Republic for a limited-edition capsule heavy on the brand's signature stretchy Sloan fabric.

The Banana Republic Sloan fabric is a unique blend of rich, bi-stretch fabric, which creates a "magic" fit that shapes through figure-flattering silhouettes.

Mouret, famous for his exceptional skills in draping, structure and style, naturally gravitated toward this signature material, which he hand-draped, cut and pinned on the body to create this iconic capsule.

The nearly 30-piece collection will shine a light on Mouret's craftsmanship talents

### Fitted and fabulous

**"The common goal for this collection is to offer incredible fit through an assortment of hourglass silhouettes."**

Roland Mouret

**Model Karolina Kurkova poses with Roland Mouret in a behind-the-scenes campaign shoot for his upcoming collection.** CONTRIBUTED

through the use of this dynamic fabric.

"The common goal for this collection is to offer incredible fit through an assortment of hourglass silhouettes," says the designer, who is also focusing

on "extending my love of structure into accessible prices."

Score. The collection will be available at select stores across Canada and online at [bananarepublic.ca](http://bananarepublic.ca) on August 7, 2014.

made by Desiree Lyver, D&Y hat, and Birkenstock sandals.

### Her inspiration:

"My family is from Cape Town, South Africa, so I am drawn to earth tones and pastels. I like to dress how I feel — grounded, brazen, and free... with a bit of sass."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION, TOO!



# Canadian street style

### Spotted in: Toronto

**Name:** Sarah

**Age:** 26

**Occupation:** Actor

**What she's wearing:**

El Easteria leather bag from a market in Florence, Italy, Aritzia Tulula tank top, Levi skinny jeans, Blue Topaz Crystal necklace, feather earring hand

### Twitter



**JEANNE SPACE**

Jeanne Beker  
[life@metronews.ca](mailto:life@metronews.ca)

**TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.**



**How do I look? Getting coiffed+ready for my close up @MarcAnthonyTO for my @TheShoeCompany photo shoot today #onaroll**

### Forget Paris

**A socialite who sticks to a budget**



**Nicky Hilton** GETTY IMAGES

Nicky Hilton is releasing a new book to help other women develop their own personal style. In 365 Style, (being released Sept. 2) Hilton gives tips on dressing like a million bucks without breaking the bank. Through her tips, readers will figure out not only what their personal style is, but what types of clothes look best on their body type. After they know what guidelines to go by, they'll have an easier time shopping within their budget. **METRO**

### Pop out some polish

**Colour your fingers on the fly**



**Essie's new Color Boutique**  
CONTRIBUTED

Essie, everyone's favourite affordable, on-trend nail brand has unveiled the Essie Color Boutique, a self-service kiosks that dispenses 48 Essie shades, including 42 permanent colours and six new seasonal shades. **METRO**

By the time the end of July rolls around, you're probably working hard to score that coveted cottage invite from a friend. But before you unload the car and jump in the lake, acquaint yourself with some common cottage courtesies. Metro talks to Sue ten Brummeler, owner of [onlinetbergerental.ca](http://onlinetbergerental.ca), about cottage etiquette whether you're renting a private property or heading to a family friend's place. After all, you want to get invited back, don't you?

ETHAN ROTBERG  
life@metronews.ca

### Be on time (for everyone's sake)

If you're renting a private cottage, confirm ahead of time when the check-in and check-out times are and treat the times firm like you would a hotel. You don't want the next guests to wander in while you're applying After Bite to your partner's hard-to-reach places. Going to a friend's place? Send a text when you're leaving so they have a vague idea of when you'll arrive.



**Avoid awkward surprises. Don't arrive unannounced or overstay your welcome.** ISTOCK

### Remove garbage



Depending on where you are travelling, the cottage may or may not have municipal garbage collection. Find out ahead of time when garbage pickup is and, if provided, use a curbside garbage box to mitigate animal issues. If you're somewhere remote, ten Brummeler advises to ask the owner where to keep garbage until you leave. The biggest concern here? "Bears!"

**Guess who's coming to dinner if you don't tidy up the garbage?** ISTOCK

### Take beach gear

When off to the local beach, ten Brummeler reminds us to bring our own beach supplies like towels and chairs. If you're coming with kids, ask if you need to bring your own kids toys. If your cottage happens to back onto a beach, it's important to remember that bonfires are normally only allowed in designated firepits.



**BTW: BYOB means bring your own beach towels, chairs, toys and sunscreen.** ISTOCK



### Ask about water and septic systems



First-time cottage-goers might not be familiar with a septic system, which is sewage treatment where water waste exits the cottage into an elaborate maze of tanks and pipes under the ground. "Key is to get as much info as possible from the owner," says ten Brummeler. "What's the capacity, what the system can take, how many people, etc." So be careful what you flush. You do NOT want septic problems during your vacation.

**The facilities might not be as primitive as an outhouse, but that doesn't mean you'll always be able to flush.** ISTOCK

# Mind your cottage manners

### Check if pets are allowed

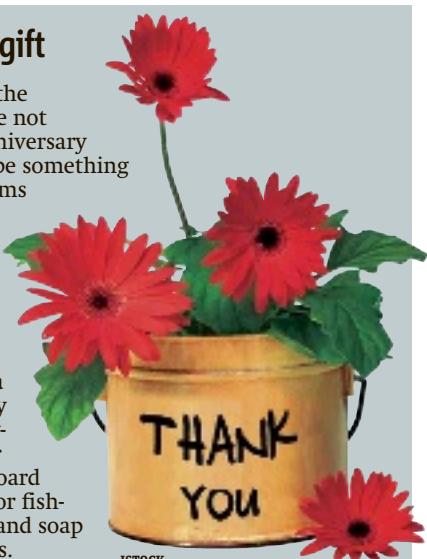
We're mostly talking dogs here, unless you're bringing up that Crowntail Betta fish. Your dog might be more well-behaved than you are, but find out ahead of time if Wishbone is invited, too. If renting a private cottage, the owner will indicate if pets are allowed. Even if they are, remember you aren't at home: Don't leave your pet alone in the cottage and keep them on the property at all times.



**Man's best friend isn't always a welcome visitor: Ask first.** ISTOCK

### Arrive with a gift

Don't stress over the perfect gift, you're not looking for an anniversary present. "(It) can be something fancy from Williams and Sonoma or a funky pair of oven mitts from Home-sense," says ten Brummeler. "You can spend only \$10 and it's a nice gesture to say thank you for having me up." Other options include board games, barbecue or fishing supplies, or hand soap and lotion combos.



**Don't want this to be your last supper at the cottage? Clean the day's catch, chop some firewood and help set and clear the table.** ISTOCK

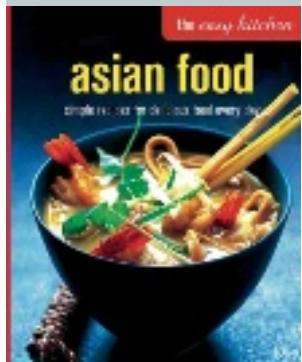
### Lend a hand

Usually how you act is more important than what you bring. Offer to chip in gas money if you're using boats or carpooling. Don't forget that your host is on vacation, too, so help out where you can with things like cleaning, setting the table and chopping the wood. Oh, and you don't mind gutting the fish, do you?

# A spice route that leads to unique flavours

**Cookbook of the Week**

An infusion of Asian flavours



Bringing the aromatic and sizzling recipes of East Asia to your kitchen, sans takeout containers, just got easier thanks to *Asian Food: Simple Recipes for Delicious Food Every Day*.

Whether you're looking for inspiring appetizers or finger foods, speedy weekday dishes or those worth-the-effort stunners, you'll find them here.

The collection of recipes includes Tempura Vegetables and Prawns, Chicken Pad Thai, Vietnamese Fried Chicken, Crab Wonton Wraps, Bulgogi, and more. **METRO**

## Thai-Spiced Rare Beef and Warm Rice Noodle Salad

This recipe employs a red curry paste marinade

1. To make the marinade, mix the lemongrass, curry paste, fish sauce and lime juice, then place the beef in a shallow dish and cover with the marinade. Cover and refrigerate.

2. Heat the oil in a frying pan/skillet over medium heat and fry the marinated beef (reserving any remaining marinade) for 2 minutes each side. Remove from the pan, cover and set aside. In the same pan, quickly fry the bamboo shoots and peanuts with any remaining marinade. Add the spinach to the pan, immediately remove from the heat and cover with a lid to allow the spinach to wilt in the residual heat.

3. Blanch the noodles in a pan of boiling water for 5 minutes or until cooked. Drain and toss in the sesame oil, spring onions/scallions, Nuoc Cham and half the coriander/cilantro. Meanwhile, thinly slice the beef and keep warm.

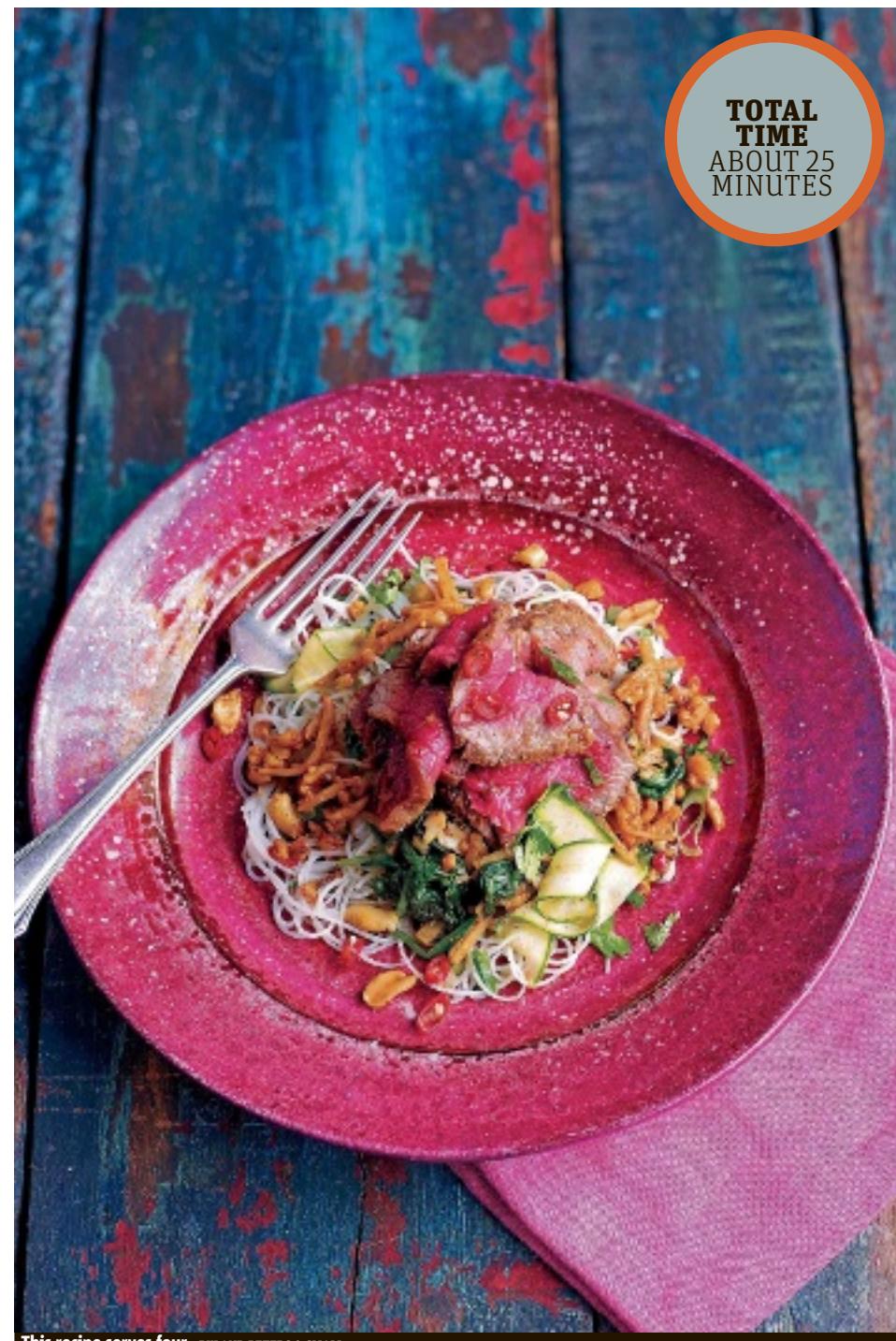
4. Dress the courgettes/zucchini with the lime juice, the

**Ingredients**
**Marinade**

- 1 lemongrass stick, very finely chopped
- 2 tsp Thai red curry paste
- 2 tsp nam pla fish sauce
- Freshly squeezed juice of 1/2 lime
- 400 g (14 oz) fillet steak/beef tenderloin
- 1 tbsp sunflower oil
- 100 g (3 1/2 oz) bamboo shoots, finely shredded
- 100 g (2/3 cup) roasted salted peanuts, coarsely ground
- 200 g (6 1/2 oz) baby spinach leaves
- 500 g (1 lb) thin rice noodles
- 1 tsp toasted sesame oil
- 8 spring onions/scallions, thinly sliced
- 3 tbsp Nuoc Cham (a fish sauce dipping sauce that can be found at Asian markets)
- 2 handfuls of fresh coriander/cilantro, finely chopped
- 2-3 baby courgettes/zucchini, sliced into ribbons with a mandolin or potato slicer
- Freshly squeezed juice of 1/2 lime
- A pinch of salt
- 2 thin red chilies, thinly sliced

remaining coriander/cilantro and the salt.

5. To serve, divide the noodles between 4 warm plates, then



This recipe serves four. **RYLAND PETERS & SMALL**

pile the remaining ingredients on top. Garnish with the sliced chilies.

**RECIPES FROM THE EASY KITCHEN: ASIAN**

**TOTAL TIME**  
ABOUT 25 MINUTES

**SIMPLY DELICIOUS FOOD**

**10% OFF**  
WITH THIS AD

**laziz**  
Broast & Mix Grill

PERI-PERI CHICKEN | KABOBS | SOUVLAKI  
BROAST CHICKEN | AND MORE

1900 Innes Road  
lazizbroastmixgrill.ca • 613-746-6111

## Cauliflower, Mushroom & Coconut Soup

While cauliflower is familiar in stir-fry recipes, prizes for its crunchiness, here it is cooked with mushrooms and coconut milk, so the cauliflower absorbs the flavour of coconut, making it light and sweet.

**Ingredients**

- 600 ml (2 3/4 cups) coconut cream
- 2 stalks of lemongrass, finely sliced
- A 5-cm (2-inch) piece of fresh galangal or ginger, peeled and finely sliced into rings
- 4 kaffir lime leaves, coarsely torn

- into quarters
- 1 small cauliflower, cut into florets
- 125 g (2 1/2 cups) small button mushrooms, cut into halves or quarters, according to size
- 3 tbsp light soy sauce
- 1 tsp sugar

- 600 ml (2 3/4 cups) vegetable stock
- 4 fresh small red or green chilies, slightly crushed
- 3 tbsp lemon or lime juice
- Coriander/cilantro leaves, to serve

**FOOD (2014; RYLAND PETERS AND SMALL, RYLANDPETERS.COM)**

**For your phone**

**Top Chef University (iPad/ iPhone; free)**



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
life@metronews.ca

Get past the annoying pop-ups and there's actually some handy instructional videos on using basic tools and prepping specialty ingredients in this tie-in to the popular reality cooking TV series.

# OUR PLACE IS SET, AND SO IS YOURS!

RIDEAU CENTRE DINING HALL GRAND OPENING

Tomorrow @ 11 am, Level 2, Nordstrom Court



Dining  Hall

THE DINING HALL AT RIDEAU CENTRE WILL ELEVATE  
YOUR SHOP & DINE EXPERIENCE TO A WHOLE NEW LEVEL!

- Seating for 850
- 16 premium branded eateries offering a range of dining options
- State-of-the-art scullery operation with reusable dishware, glassware and cutlery

 rideaucentre.com

**RIDEAU**  
CENTRE



CONTRIBUTED

# KEEP YOUR COSTS UNDER CONTROL

## FIND QUALITY BACK-TO-SCHOOL ITEMS

Back-to-school shopping season is here and the fashion shopping choices are staggering.

How can parents keep costs under control while still getting a good selection of quality items?

Try shopping second-hand.

Consider two moms: Nina and Sarah.

Both have two growing kids that constantly need new clothing, particularly for the coming school year. Nina buys new. Sarah buys second-hand.

Nina is budget conscious and loves finding deals, but she only shops for children's clothing at stores that sell new items.

When Nina buys new, she finds that shoes, jeans, shirts and other basics each cost \$20 or more, so when Nina shops for her two children she often spends more than \$100 on each.

And when Nina wants to purchase high-quality and brand-name items for her kids, the price gets even higher.

Sarah, on the other hand, purchases clothing for her children second-hand at Value Village. On the Value Village racks, Sarah finds

incredible deals: Most items cost between \$3 and \$10. She can find a whole outfit for each child — shirt, jeans, shoes, coat — for less than \$30.

Since Value Village hand-picks only the best-quality items to be sold in the store, Sarah has plenty of options for very good value. She finds name-brand clothing and household items for much less than Nina is paying for pieces of the same quality.

The selection at Value Village is great, too. Sarah finds just as much or more selection on the racks in the children's section than Nina does in a department store. Value Village is a treasure trove of pieces that Sarah's children love.

Nina's shopping choices are also less environmentally friendly than Sarah's. By purchasing second-hand clothing, Sarah is helping to reduce the number of items that go to the landfill.

Back-to-school deals happen every day at Value Village.

For more information, please visit [valuevillage.com](http://valuevillage.com). —Stephanie Orford

# Work the racks for the best deals

Second-hand shopping for your kids is quite different from buying new.

Malee Perera is a mom based in Vancouver who buys about 50 per cent of her eight-year-old son's wardrobe from second-hand stores, including Value Village.

Here's how she makes the most of her thrift shopping experience:

### ESTABLISH YOUR CRITERIA

Learn to sift through the unique pieces and find something that's right for you. Perera assesses criteria, including the quality of the fabric and construction of the clothing item, what condition it's in and whether it's something she thinks would suit her son's sense of style.



**IF YOU DON'T FIND ANYTHING, JUST COME BACK IN A DAY OR TWO**  
Value Village stocks

an ever-changing selection of about 100,000 items, and since 5,000 to 10,000 new items come into each store every day, there's always something new.

"That is what's so great about second-hand shopping," Perera says.

"Sometimes I'll find a couple of things I like one day, and then I'll find 10 things another day."

The same goes for shopping at different locations, Perera

says. If she doesn't find what she's looking for at one store, she tries another. There are more than 125 Value Village locations across Canada.

### STOCK UP

"Sometimes when I go to Value Village, I won't find anything that my son can use right now, but I will find something



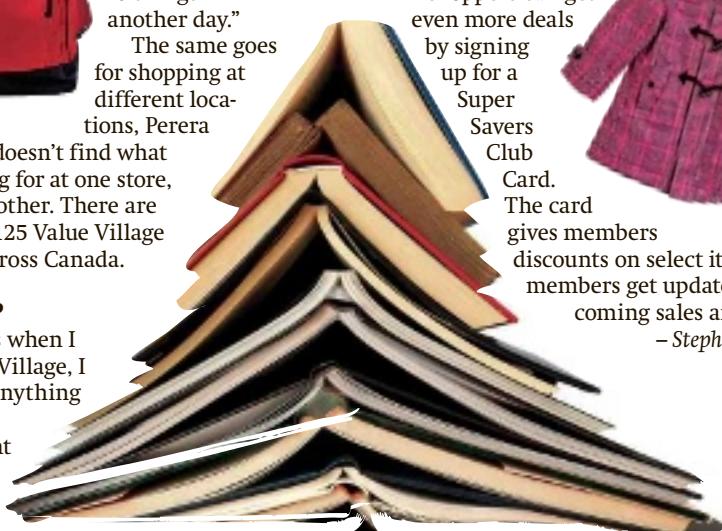
that will be useful a few months from now," Perera says. "If you see it and know you'll need it later, buy it now."

### LOOK FOR DEALS

Shopping at Value Village is a great deal on its own, but shoppers can find even more deals if they know where and when to look.

Value Village shoppers can get even more deals by signing up for a Super Savers Club Card. The card gives members discounts on select items, and members get updates on upcoming sales and deals.

—Stephanie Orford



### PAY IT FORWARD

Fall is a fresh start for style, and it's also a time to clean out your closet and donate to a worthy cause at the same time.

If you have clothing or household items that you don't use anymore, donate them. Value Village partners with local not-for-profit organizations so that every purchase helps provide sustainable funding for vital community programs and services. Every item you donate helps.

Value Village is also one of the largest recyclers of used clothing in the world, keeping more than 294 million kilograms (650 million pounds — the weight of two cruise ships) of quality goods from landfills.

Last year, Value Village repurposed 329 million tops, 59 million pairs of shoes, 114 million pairs of pants and 28 million coats.

Anything that your kids grow out of can be donated. It's a great way to give back to the community.

# Back to School Savings



**ValueVillage**

Good deeds. Great deals.  
[www.valuevillage.com](http://www.valuevillage.com)

Donations  
Benefit

**Canadian**  
**Diabetes**  
Association

# 4 SPORTS



## Check 1, 2: Theisen-Eaton wins gold, Zelinka silver in heptathlon

Gold medallist Brianne Theisen-Eaton, left, and silver medallist Jessica Zelinka celebrate after running the 800 metres in the heptathlon at the Commonwealth Games in Glasgow, Scotland, on Wednesday. Theisen-Eaton, a 25-year-old from Humboldt, Sask., won gold with a score of 6,597, while Zelinka, 32, from London, Ont., had a score of 6,270. Scan the image with the Metro News app for more from Day 7 of the Commonwealth Games.

RICHARD HEATHCOTE/GETTY IMAGES

# Crouching Tiger, hidden playoff hope

**Golf.** Next two tournaments critical for Woods in his bid to prolong season shortened by surgery

Tiger Woods finds out over the next two weeks if his season is over or just getting started.

The first stop is Firestone, where Woods is an eight-time winner and the defending champion. After that, he heads to Valhalla Golf Club for the PGA Championship,

where he won in 2000 on his way to an unprecedented sweep of the majors.

At stake is a chance to extend a season already cut short by back surgery.

"I would like to win these two events and not have to worry about anything," Woods said Wednesday. "That's the plan. That's the focus. We'll see how it falls after these few weeks. I'm so far out of it right now that I need to play well to ... get myself into the playoffs and ultimately — hopefully — play all four weeks."

It's hard to believe that just one year ago, Woods won this

World Golf Championship by seven shots for his fifth victory of the year.

Not much has gone his way since then, mainly because of back pain that eventually led to surgery on March 31 and kept him out for three months. The Bridgestone Invitational will be only his third tournament since his return from surgery a month ago at Congressional, where he missed the cut.

And during his time at home, his position in the FedEx Cup standings plunged.

Woods is No. 215 — only the top 125 qualify for the playoffs. **THE ASSOCIATED PRESS**



Tiger Woods lines up a putt earlier this month at the British Open, where he finished 69th.

TOM PENNINGTON/GETTY IMAGES

## Usain Bolt

### Sprint star denies panning Games

Even before stepping on the track, Usain Bolt is causing a stir at the Commonwealth Games.

A day after mingling with British royalty at the Glasgow athletes' village, Bolt scrambled Wednesday to deny that he made derogatory comments about the so-called "Friendly Games."

The Jamaican sprint star, who is only competing in the 4x100 relay here, was quoted as telling The Times of London on Tuesday that he was "not really" having fun in Glasgow and the games were "a bit s—."

Bolt took to Twitter to complain about the comments attributed to him, writing: "I'm waking up to this nonsense...journalist please don't create lies to make headlines."

**THE ASSOCIATED PRESS**

## NHL

### Habs round out coaching staff

The Montreal Canadiens hired Dan Lacroix as assistant coach and Rob Ramage as player development coach, and also gave new responsibilities to some management personnel on Wednesday.

Lacroix, 45, worked as an assistant coach in the NHL for seven of the past eight seasons, including last season with the Eastern Conference champion New York Rangers.

Ramage, 55, was employed by the St. Louis Blues organization as amateur scout for the past two seasons.

**THE CANADIAN PRESS**

**ARCHANGEL**  
REAL TESTIMONIAL  
PSYCHIC SPIRITUALIST

• I know how to resolve the difficult and impossible  
• Return your beloved, no matter the distance or circumstance  
• I treat any type of sickness or negative influence  
• Through the angels, archangels and cherubs, I purify homes and businesses of any evil  
• I reveal your enemies to you

**CALL NOW**  
TOLL FREE 1 888 558 5059 / 613 518 1725

**Long & McQuade**  
MUSICAL INSTRUMENTS

### WIN the Ultimate Campfire Jam Kit!

To celebrate the opening of our gorgeous new location in Kanata, Long & McQuade is giving away the Ultimate Campfire Jam Kit!

Enter for your chance to WIN an Epiphone AJ220S acoustic guitar, a Denver ukulele and a Meinl HCAJ100NT cajon. Perfect for those summer nights around the campfire!

66 Hearst Way, Kanata, 613.595.1035 long-mcquade.com

metro

WITH THE METRO NEWS APP 2.0,  
THE NEWS OFTEN SPEAKS FOR ITSELF.

So do movie features, sports highlights, celebrity gossip...



Download the Metro News App today at metronews.ca/mobile

metro

**AUGMENTED  
REALITY**

**Stuck on 12 Across?**  
Scan this image with your  
Metro News app for today's  
crossword and Sudoku answers.  
It's OK. No one's watching.

→ See the full  
instructions on Metro's  
Voices page.

**metro  
AR**

**Horoscopes by Sally Brompton**

**♈ Aries**

**March 21 - April 20**

Are you closer to reaching the targets you set yourself at the start of the year? If not, it may be time to adjust your sights.

**♉ Taurus**

**April 21 - May 21**

A colleague will let you down today and you won't be happy. But don't let it bother you because you're capable of making a success of a project on your own.

**♊ Gemini**

**May 22 - June 21**

Shove any worries you might have to the back of your mind. The Sun in Leo at this time of year brings all sorts of social and travel opportunities.

**♋ Cancer**

**June 22 - July 23**

Don't be hard on yourself if you haven't yet reached the heights you're aiming for. There is no time limit by which you have to be rich, famous or whatever else you think you should be.

**♌ Leo**

**July 24 - Aug. 23**

The past is of no concern. The only thing that matters is the future. Take each day as it comes and don't bother looking too far ahead. Your life will always be guided in the right direction.

**♍ Virgo**

**Aug. 24 - Sept. 23**

Don't tell others what they want to hear, tell them what they need to hear. A dose of reality is the only medicine to cure their ills and you are the one to demonstrate its efficacy.

**♎ Libra**

**Sept. 24 - Oct. 23**

Winning is important to you but sometimes you take it too far and expect too much of yourself. What happens today will remind you how good the simple things in life can be.

**♏ Scorpio**

**Oct. 24 - Nov. 22**

Try something you have never done before. Others may not approve but, if anything, that will make you more determined to go through with it.

**♐ Sagittarius**

**Nov. 23 - Dec. 21**

Others can waste their money if they wish but you have people depending on you and that means you must stay focused on what is important. You're a lot more responsible than most.

**♑ Capricorn**

**Dec. 22 - Jan. 20**

It may seem others are trying to make life difficult for you but likely you're making life difficult for yourself. What happens in the world "out there" depends on what goes on in your head.

**♒ Aquarius**

**Jan. 21 - Feb. 19**

Each time you think you're making progress someone changes the rules! The universe is trying to show you there are no hard and rules at all.

**♓ Pisces**

**Feb. 20 - March 20**

It may annoy you that a friend insists on everything being done their way but go with it. If it's a success you'll share the glory. If it's a failure it's their fault.

**Crossword: Canada Across and Down by Kelly Ann Buchanan**

**Across**

- Straight-laced
- Eve of "The Brady Bunch"
- Printer resolution meas.
- "Cityline" guest expert Mr. Dilio (Makeup artist)
- Norse sea god
- Brussels is its cap.
- Toronto-born architect of Spain's Guggenheim Museum Bilbao: 2 wds.
- French for 'the water'
- Finalize
- "You and I" Juno-winning singer who co-wrote Icona Pop's new song "Get Lost"
- On an upswing
- The Who album: 'Live at \_\_\_'
- Internet device
- "\_\_\_ South"
- Chasm
- Ottawa: Canada \_\_\_ and Space Museum
- Stockholm's li'l locale
- Soccer feat
- Texas landmark to 'remember', The \_\_\_
- Invested-in letters
- French pronoun
- \_\_\_ tomatoes
- Verse, in Verdun
- Diving bird
- Aerobics-wear material
- Severus \_\_\_ ('Harry

- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25
- 26
- 27
- 28
- 29
- 30
- 31
- 32
- 33
- 34
- 35
- 36
- 37
- 38
- 39
- 40
- 41
- 42
- 43
- 44
- 45
- 46
- 47
- 48
- 49
- 50
- 51
- 52
- 53
- 54
- 55
- 56
- 57
- 58
- 59
- 60
- 61
- 62
- 63
- 64
- 65
- 66
- 67
- 68

Potter' character)  
51. Dictation-taker, briefly  
53. Is employed: 3 wds.  
55. Rioting reason  
59. 'Symptom' suffix  
60. Archies hit co-written by Canada's Andy Kim: 2 wds.

- Shrivel
- Actor Jeremy
- Olfactory organ
- Operative
- Irish playwright, J.M. \_\_\_
- Disapproving sounds!

- Computer files, e.g.
- To laugh: French
- Take \_\_\_ the waist
- Canadian team in Major League Soccer: 2 wds.
- Book parts
- Actor Jason

- "Icky!"
- Desert wanderer's vision
- Welsh opera singer Mr. Terfel
- "So You Think You Can Dance" host Cat
- Checked patterns
- Elton John's "\_\_\_

That's Why They Call It the Blues"  
15. Nova Scotia dessert: 2 wds.  
17. The Kiss painter, Gustav \_\_\_  
21. 'Hunger Games' actress ...her nickname  
23. Rocker Billy  
24. Canadian territory  
26. Chatelaine, e.g.  
27. Drake's record label, \_\_\_ Sound  
28. Day: Spanish  
32. '\_\_\_ in Iqaluit (#24-Down's capital)  
33. Abel, to Adam  
36. Mr. Myers  
38. Mr. Ocasek  
39. Li'l season  
40. Podded plant particle  
42. Actor, \_\_\_ Cobb  
44. Entrepreneur Mr. Musk's  
45. "Hooey!" [pl.]  
46. How police might get information: 3 wds.  
47. Without problem  
48. Bruce Springsteen album: 'Greetings from \_\_\_ Park N.J.'  
52. Health care professional  
54. Medical suffix  
56. Inflated ids  
57. Regina's prov.  
58. "\_\_\_ bien!"  
61. 'Poly' suffix  
62. Director Mr. Lee

**Yesterday's Crossword**



**Online**

See today's answers at  
[metronews.ca/answers](http://metronews.ca/answers)



**Sudoku**

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

**Yesterday's Sudoku**

1	8	5	6	2	3	7	4	9
9	2	6	8	7	4	3	5	1
3	7	4	1	9	5	8	2	6
8	5	9	4	8	1	2	3	7
4	1	2	5	3	7	9	6	8
7	3	8	2	6	9	4	1	5
8	8	3	9	1	2	5	7	4
5	9	7	3	4	6	1	8	2
2	4	1	7	5	8	6	9	3

2	4	9		5
9		5		2
1	4	7	8	
9	4	1	7	
5	6			4
2	3	9	8	
2	7	4	9	
1	7		9	3
3		8	6	7

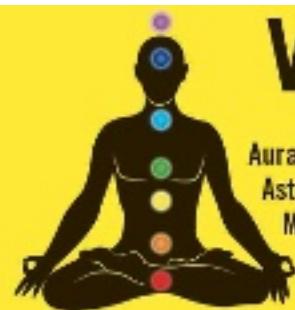
# What does the future hold for you?

Westboro Psychic Fair August 1-3, 2014

Fri: 11am-8pm | Sat: 10am-8pm | Sun: noon-6pm • Westboro Legion Hall • 389 Richmond Rd

General Admission \$6 • Mention this ad for \$1 OFF (LIMIT ONE PER PERSON)

For more information contact [westboropsychicfair@gmail.com](mailto:westboropsychicfair@gmail.com)



Aura Photography • Chakra Balancing  
Astrology • Tarot Card Readings  
Mediums • Psychic Readings  
and much more...

